Wednesday's Jackpot
$3,000,000 estimated
LOTTO 649

L'CHAYIM
ISRAELIS CELEBRATE 63 YEARS OF STATEHOOD {page 13}

SEASONED
SPARE MAYA PREGNANCY ADVICE
DISH {page 18}

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Tuesday, May 10, 2011
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Look down, waaaay down

CN Tower owner introduces EdgeWalk, a guided stroll around the perimeter of main pod ◗ Attraction will cost $175 per head

HANDOUT/THE CANADIAN PRESS

▶ This artist's rendition shows a proposed walkway near the top of the CN Tower. As if the view from the top of the CN Tower isn't thrilling enough — people will soon be able to walk around the ledge outside.

Life on the edge is about to get real scary. Like 116-storeys-up scary.

Imagine this: You're standing on an open ledge on the outside of the CN Tower. Now, lean back, arms outstretched, into nothing but air 356 metres above the city.

All that holds you is a cable attached to a body harness and overhead rail.

Opening Aug. 1, EdgeWalk will be "the world's highest full-circle hands-free walk," tower officials announced yesterday.

It will offer thrill-seekers a heart-stopping, 360-degree panorama as they walk a 1.5-metre-wide platform a distance of 150 metres around the top of the main pod.

Here's how it will work:

Adventure lovers will walk hands-free in groups of six to eight while connected to an overhead safety rail via a trolley and harness system. The walk will last 20 to 30 minutes with the entire experience running 1½ hours.

TORSTAR NEWS SERVICE

Put it in perspective

- **Height of walking ledge:** 356 m
- **Height of CN Tower:** 553 m
- **Width of ledge:** 1.5 m
- **Ledge's circumference:** 150 m
- **Weight of steelwork:** 16,330 kg
- **Time until opening:** 83 days

Unsolved crime

Family ups ante for clues

◗ Father of man killed by SUV in October 2009 announces reward has been raised to $150K {page 3}

Name dropper

Pattinson admits he has told some royal whoppers in his day {page 20}

Pakistani PM warns U.S. not to repeat raid

Fallout continues from bin Laden death {page 8}

Enlist nuts in fight against fat

They taste great, deliver elusive nutrients and keep you feeling full between meals {page 25}

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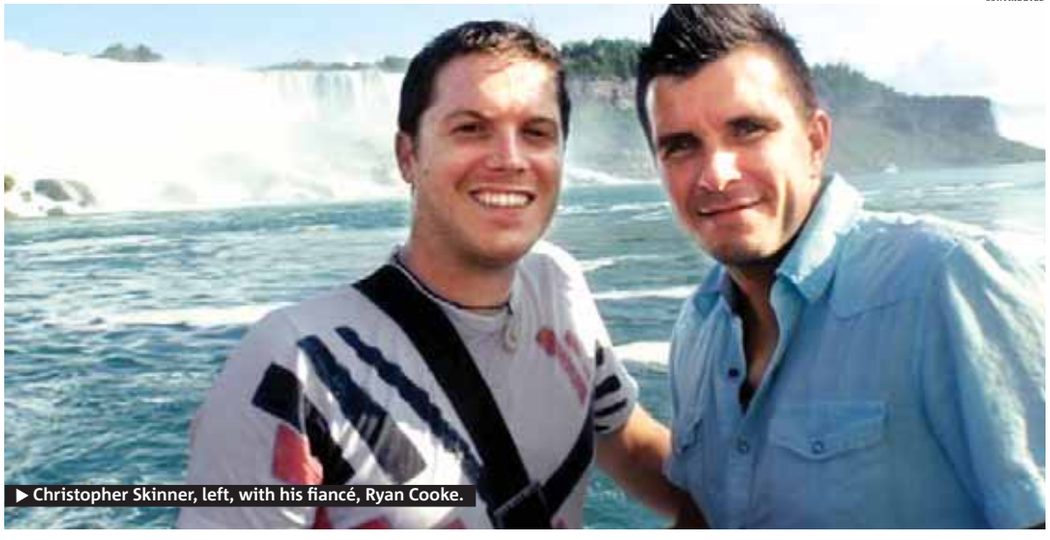
Reward hiked to find killers

$150,000 offered for info leading to arrest in 2009 slaying of Christopher Skinner ◗ Police looking for two to four suspects who were in SUV: Sergeant

CONTRIBUTED



▶ Christopher Skinner, left, with his fiancé, Ryan Cooke.

Christopher Skinner's father honoured what would have been his son's 29th birthday yesterday by announcing that the reward for information leading to his killers has been increased to $150,000.

"We thought $100,000 was enough, but apparently not," Warren Skinner said, "so we're hoping that $150,000 creates some interest. And we did this on his birthday because we thought it was an appropriate day to do so."

Christopher Skinner was beaten and run over by a sports utility vehicle at 2:30 a.m. on Oct. 18, 2009, at the intersection of Victoria and Adelaide streets.

Money

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Warren Skinner

- Warren Skinner, who lives in Sanford, Ont., northwest of Uxbridge, staged an eight-week campaign among friends, colleagues and relatives to boost the private portion of the reward to $100,000.
- Toronto police have pledged the other $50,000, which is a standard amount for a homicide reward.

The graphic artist living in Toronto had been celebrating his sister's birthday in the Entertainment District. They left at different times.

He was walking east on Adelaide Street East, and was trying to hail a cab when a dispute took place around Victoria Street.

A surveillance video suggests Skinner's assailants may have attacked him because he touched their SUV.

The video also shows a number of cars stopped because of the attack.

Det.-Sgt. Stacy Gallant said the SUV, which had stopped at a red light, ran over Skinner with two sets of tires. Police don't yet know the make or model.

Skinner's father said he hopes the reward will prompt a key witness to come forward and help ease the family's suffering.

"This is an ugly way to live. He's truly missed."

TORSTAR NEWS SERVICE

Hudak vows to build highway

If the Progressive Conservatives win the Oct. 6 Ontario election, they will "absolutely" proceed with construction of a new highway through the Niagara region, Opposition Leader Tim Hudak said yesterday.

Hudak repeated his pledge the same day two Conservative MPPs presented a petition in the legislature with 3,000 signatures opposing a mid-peninsula highway that would link Niagara to the Hamilton-Burlington area and beyond.

But Tory officials said the two don't actually oppose the highway — they just support constituents who don't want it to run through environmentally sensitive areas in Burlington. THE CANADIAN PRESS

PAWEL DWULIT/THE CANADIAN PRESS

▶ Tim Hudak

Man stable following shooting

A man is in serious but stable condition in a Toronto hospital after a shooting outside a popular east-end mall.

Police say the shooting occurred at a bus platform on a transit route that loops through the Scarborough Town Centre.

The victim — a man in his early 20s — was reportedly shot in the stomach around 3 p.m. yesterday and rushed to hospital.

No arrests have been made, but police are looking for a suspect described as a black male wearing 3/4-length pants and a dark jacket.

THE CANADIAN PRESS

New leader appointed for Ontario Mounties

There's a new commanding officer in charge of the Ontario division of the RCMP — also known as "O Division."

Stephen White is the 35th commanding officer of O Division since 1920.

He takes over from Mike McDonell, who retired from the RCMP in July 2010.

White, who is from Newfoundland, joined the RCMP in 1986 and has many years of experience in federal policing and financial crime. He was appointed assistant commissioner in 2009.

THE CANADIAN PRESS

Fire shuts part of Major Mac

York Regional Police closed a section of Major MacKenzie Drive yesterday after a car fire damaged a bridge.

Crews responded to the fire under a wood bridge about 3:45 a.m. in Vaughan. The fire was extinguished quickly, but police are concerned about damage to the bridge. THE CANADIAN PRESS

1 news

Egypt faces the growing power of Islamic hardliners amid post-Mubarak rioting. Scan the code for the story.

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Despite threats, hundreds of Afghan children file off to school for their very first days of formal education. Video at metronews.ca

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Police deserve jail for beating, court hears

Two Toronto Police constables should serve jail time for assault causing bodily harm even though they have otherwise spotless records, a judge heard yesterday.

"I don't doubt that it's out of character," Crown attorney Philip Perlmutter told Justice Elliott Allen in the sentencing hearing for Const. Edward Ing and Const. John Cruz of the Toronto Police Service.

The two constables were found guilty of assault causing bodily harm in January. At this pre-sentencing hearing, Perlmutter did not say how much time he felt the men should spend in jail, but defence lawyer David Butt called for suspended sentences with probation, allowing the men to keep their jobs.

Sentencing of the two officers is scheduled for June 28.

Ing and Cruz were convicted by Allen in the April 2009 beating of Richard Moore, 60, in a Cabbagetown rooming house on George Street near Gerrard Street East and Jarvis Street.

Moore suffered fractured ribs, a broken finger, dislocated shoulder, a gash to his scalp and abrasions to his abdomen, hip and shoulder when he was chased to the door of his rooming house and beaten by the officers.

TORSTAR NEWS SERVICE

Defence

- **Cost** Defence lawyer David Butt said the transfer from outside duties have cost the officers an estimated $30,000 to $40,000 annually in overtime and paid duty work.
- **Charges** Butt also reminded court that the duo still face the possibility of Police Act charges.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Toronto Police constables Edward Ing, left, and John Cruz.

Framed. In their photo

▶ Elle Flanders, left, and Tamira Sawatzky pose for a photo with their dog Walter yesterday in front of their photo installation What Isn't There, featured in the 2011 Contact Photography Festival.

TARA WALTON/ TORSTAR NEWS SERVICE

Seeing the past from a different perspective

Filmmaker and photographer Elle Flanders grew up in Israel, never questioning the national belief that Israel was "a land without a people for a people without a land." As an adult in Toronto learning about the Palestinian plight, she was shaken by that pervasive myth — so much so that she has spent the last 15 years documenting the remains of a Palestinian society erased when Israel took over in 1948.

Manners' accused killer finally takes the stand in court

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Donald McLeod

For the first time, a man accused of murdering Jordan Manners has taken the stand in his own defence.

The man accused of murdering Jordan Manners said he was nowhere near the 15-year-old Grade 9 student when he was shot at their high school.

"On everything I love, I didn't harm him," the 21-year-old defendant, J.W., testified yesterday.

Neither he nor his co-accused, C.D., had yet to take the stand in this, their second trial, or their first, which ended in a mistrial last year.

The tall, slim man testified he had just left the school cafeteria, where he was chatting with fellow basketball players, when he noticed a girl staring at a small crowd far down the hall.

He said he and the girl, whom he knew, walked toward the crowd, which was surrounding his friend Manners, who was lying at the foot of some stairs.

"'What's going on? What's going on?'" J.W. recalled asking hall monitor Richard Malcolm, who was in the crowd.

"He said, 'I don't know.'"

Malcolm told him to try to contact Manners' family, which he did with his cellphone, J.W testified.

J.W.'s lawyer, Donald McLeod, asked him if he had, moments earlier, as one witness told police, dragged Manners down the stairs.

"No," replied J.W.

He also denied putting anything to Manners' chest, as that witness had said.

"Did you do anything to wound Jordan?" McLeod asked.

"No," J.W. said.

He testified that when Malcolm told him, shortly afterward, that Manners had died, he started crying. "I was kind of tore up."

J.W. and C.D. have pleaded not guilty to first-degree murder in the May 23, 2007, shooting at C.W. Jefferys Collegiate, near Finch Avenue West and Keele Street. The defendants cannot be named because they were 17 at the time of the shooting.

Manners was shot once in the chest.

TORSTAR NEWS SERVICE

Gas prices to reach new high

Consumer grumbling will likely hit a record high along with today's gas prices.

According to tomorrowsgaspricetoday.com, a website run by former Liberal MP and gas price watchdog Dan McTeague, the average price of gas in the GTA will jump 6.5 cents to hit a record $1.39.6 per litre today.

The website also notes that gas prices averaged 96.3 cents on this date last year — a 43.3 cent difference.

Yesterday, the price of crude oil rose more than $5, hitting $102.55 US a barrel after dipping $17 last week.

McTeague said Canadians pay approximately four cents per litre above world price for domestically produced gasoline.

Today, that difference will balloon to eight cents. McTeague blames the inflated prices on a lack of competition amongst the major refiners.

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Twain fans gush over Timmins star

CENTRAL IMAGE AGENCY

▶ Shania Twain signs copies of her book, From This Moment On, yesterday at Chapters Indigo on Bloor Street (Manulife Centre).

Devoted fans camp overnight just to meet the music Hall of Famer

Wearing a black Shania Twain T-shirt, a black fanny pack and a massive grin, Debbie Brown tries to put her love for the Timmins-born pop star into words.

"I live, breathe and sleep Shania," said Brown, clutching a copy of Twain's new book, From This Moment On.

"I love her songs. I love her strength. She makes me proud to be Canadian."

Twain was in Toronto last night signing copies of her revealing new memoir at the Indigo store on Bloor Street West.

The wildly successful singer has shied away from the public since she split with her husband Robert (Mutt) Lange in 2008, an event the star has said left her unable to sing.

Brown, 55, wanted to ensure she would be the first fan to meet the country-pop star in Toronto.

She lined up at 11 a.m. on Sunday, 32 hours before Twain was set to appear. A sleeping bag kept her warm and a 24-hour Tim Hortons across the street kept her belly full.

Although the line had grown to include at least 200 people by 5 p.m., Brown stood proudly at the very front, joking with the security guards and her friend of 30 years, Nancy Duncan.

TORSTAR NEWS SERVICE

City garbage boss's move to private firm stirs concern

The waste collection company that hired the bureaucrat behind Toronto's garbage privatization plan may be banned from bidding on the contract, says the city's public works chair, who is concerned about the optics.

Coun. Denzil Minnan-Wong said the ban is one measure under consideration after he was caught by surprise Friday when Geoff Rathbone, general manager of solid waste management services, announced he is leaving May 27 to become vice-president of resource recovery for Progressive Waste Solutions, formerly BFI Canada.

Rathbone wrote the staff report recommending that Toronto contract out the collection of trash and recycling from 165,000 homes from Yonge Street west to Etobicoke's east border. He also recommended that, to maximize savings, council approve the bidding process but allow a staff committee to award the contract, provided the winning bid meets certain criteria.

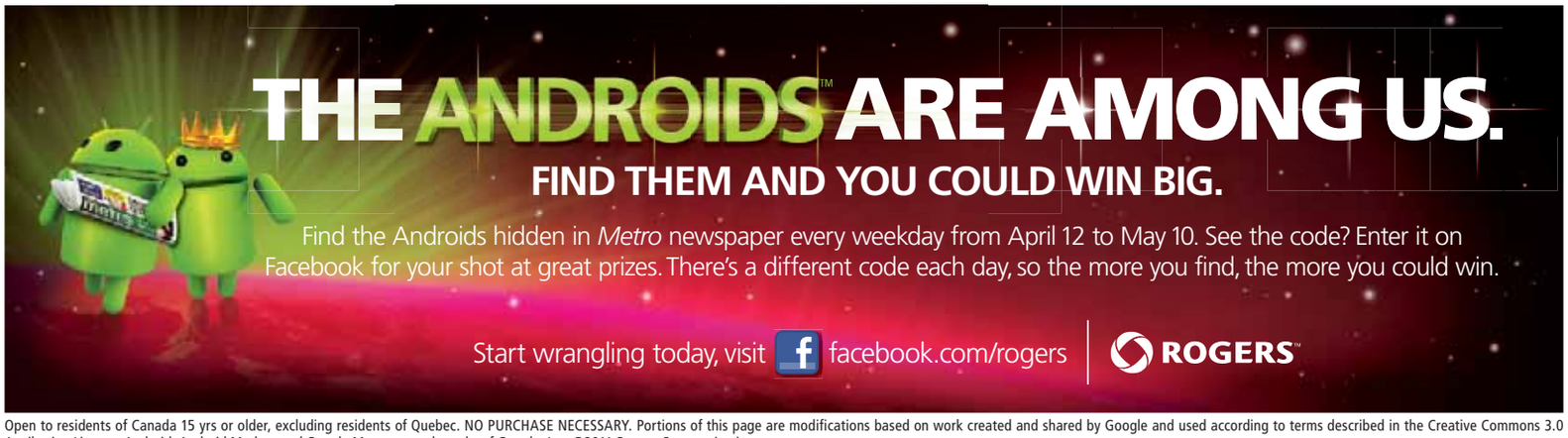
DAVID COOPER/TORSTAR NEWS SERVICE

▶ Geoff Rathbone

Industry players expect Progressive, part of the third-biggest waste management company in North America, to bid on that contract, estimated to be worth $150 million over seven years.

Minnan-Wong said yesterday he has talked to city solicitor Anna Kinastowski about steps to protect the integrity of the process and to ensure Progressive doesn't have an unfair advantage if council votes next week to proceed with the controversial garbage outsourcing.

TORSTAR NEWS SERVICE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HANDOUT/GETTY IMAGES

▶ Pakistani Prime Minister Yousuf Raza Gilani addresses parliament yesterday in Islamabad.

Don't do that again: Pakistani PM to U.S.

In address to parliament, Gilani defends nation's military and ISI
Lashes out at allegations government knew bin Laden's hiding place

Pakistan's prime minister said yesterday that Osama bin Laden's death in an American raid was "indeed justice done" but warned Washington that future unilateral strikes inside the nation's borders could be met with "full force."

Prime Minister Yousuf Raza Gilani insisted Pakistan's key relationship with the United States remained strong despite the May 2 raid by navy SEALs who crossed into the country from Afghanistan in helicopters with radar-evading technology.

But in a sign of deep strains, Pakistani media have reported what they said was the name of the CIA station chief in Islamabad in an apparent leak aimed at damaging covert American activity.

Gilani agreed that the failure to find bin Laden was a mistake but insisted it wasn't Pakistan's alone.

U.S. officials have said they see no evidence that anyone in the upper echelons of Pakistan's military and intelligence establishment was complicit in hiding bin Laden.

But they still have serious questions about how the al-Qaida chief was able to hole up for up to six years in a town just 55 kilometres from the capital.

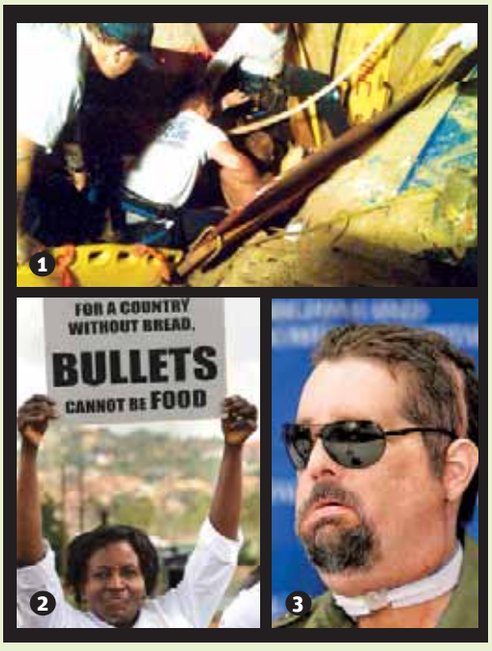
THE ASSOCIATED PRESS

Notes on a leak

▶ Although private TV channel ARY misspelled the name of the CIA station chief, the publication of any alleged identity of the U.S. spy agency's top official in this country could be push-back from Pakistan's powerful military and spy agency.

News in pictures

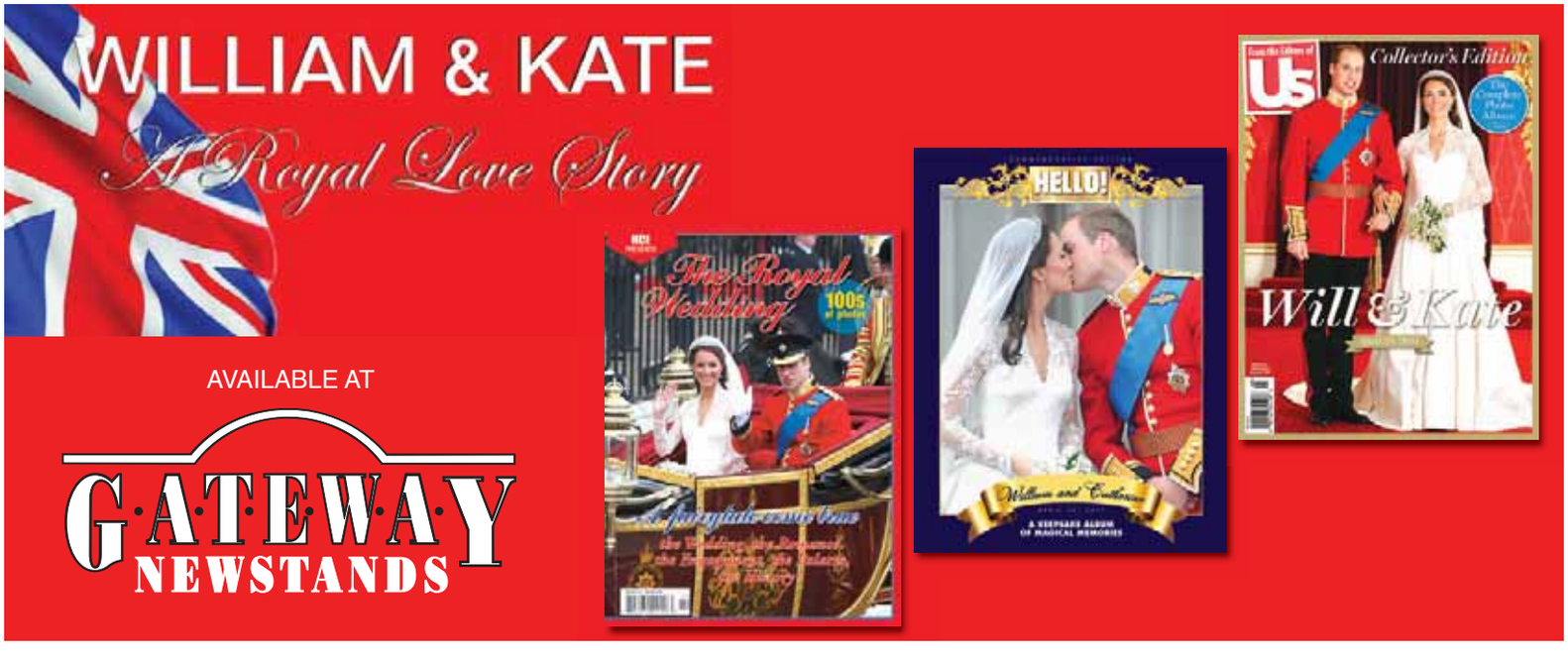
PHOTOS
1. BROWARD SHERIFF'S OFFICE-POMPANO BEACH DISTRICT/THE ASSOCIATED PRESS
2. STEPHEN WANDERA/THE ASSOCIATED PRESS
3. STEVEN SENNE/THE ASSOCIATED PRESS



1 Rescuers free a member of the Austrian Olympic swim team who was buried in sand up to his neck in Pompano Beach, Fla. THE ASSOCIATED PRESS

2 Hundreds of women demonstrate yesterday in Uganda's capital over high food prices and brutal tactics employed by police during recent political rallies. THE ASSOCIATED PRESS

3 Dallas Wiens, the recipient of the first full face transplant in the United States, takes questions from the media yesterday in Boston. THE ASSOCIATES PRESS



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604 Bloor St. W
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200 Bay St.
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330 Bay St.
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Cybercrime on the rise in Canada: Report

About 80 per cent of scams are on compromised legitimate web servers, says security firm Websense

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the past 12 months, even as most countries saw their numbers decrease, suggests a new report from Websense, which is based in San Francisco and has offices in Toronto, Ottawa and Montreal.

Canada now finds itself second on the list of countries that host the most phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data.

The number of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

"In the past they've hosted a lot of it in eastern Europe ... and we've seen it shift to where they're now trying to host this content on servers in countries with better (security) reputations ... Therefore, their attacks will be more successful because, obviously, you can't (just block all) Canadian websites from Canadian users," said Patrik Runald, Websense's senior manager of security research.

THE CANADIAN PRESS

Details

- Canada is sixth worst on Websense's overall list for hosting all types of cybercrime exploits, compared to 13th last year.
- Hackers have been moving their operations away from foreign servers since network administrators could identify suspicious traffic originating from those places and minimize security threats.
- Most hackers continue to prefer servers in the United States for their attacks, but recent investigations there may have contributed to the rise of cybercrime in Canada.

Russia. Victory Day

▶ Russian marines march along Red Square yesterday during the Victory Day military parade in Moscow.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Show of military might

Tens of thousands of granite-faced soldiers marched in lockstep across Red Square yesterday in Russia's annual Victory Day display of military might, while President Dmitry Medvedev said the country is committed to peace and global stability. The parade, marking the surrender of Nazi Germany in the Second World War, is the centrepiece of Russia's most solemn secular holiday, both commemorating the Soviet Union's enormous sacrifices in the war and asserting the potency of its modern military.

Missing girl's body kept secret for months

For more than seven months, Montreal police knew they had the body of a girl who went missing in 1999 and avoided telling anyone — not even the girl's family.

Jolene Riendeau's body was found Sept. 9, 2010, when a citizen's tip led police to a spot underneath a bridge in an industrial sector on the southern tip of Montreal.

The girl had gone missing years earlier in the same part of town and was the object of a massive search operation, making her a household name in the province.

But police kept silent until a few days ago. A family friend said not even Riendeau's parents were told until last Wednesday.

Family members were made aware of the site only when they were brought there for a visit yesterday morning.

Arcamone says investigators said they didn't know how long ago the body had been placed below the bridge and didn't want to destroy any evidence that might still have been on the remains.

The body also had to be sent to the coroner's office for analysis.

A funeral service is planned for Friday morning at a church in the area where the girl lived.

When questioned by reporters yesterday, police remained mum on basic details of the case — such as how their tipster came across the body, why their investigation required discretion and why the family was among those kept in the dark.

Montreal police Sgt. Ian Lafreniere said only there were operational reasons for the decision.

Lafreniere said it took more than a month to establish the body was, in fact, that of the 10-year-old girl who went missing all those years ago.

He said investigators have decided to go public now, hoping someone might have seen something unusual.

Riendeau's case is now being treated as a homicide. Police picked up and questioned a man in his 40s last Friday, but he was released.

The man, who has a criminal record, remains a suspect.

THE CANADIAN PRESS

HANDOUT/THE CANADIAN PRESS

▶ Jolene Riendeau

Ontario's first 2011 tornado confirmed

Environment Canada said the first Ontario tornado of the year was confirmed in the Fergus area, about 20 kilometres north of Guelph.

The twister touched down during a series of powerful thunderstorms April 27.

THE CANADIAN PRESS

Palin seeks protection

A court magistrate yesterday considered a request from Sarah Palin to continue a restraining order against a man who she says has been stalking her.

THE ASSOCIATED PRESS

CRAIG RUTTLE/THE ASSOCIATED PRESS FILE

▶ Sarah Palin

Ivory Coast grave held 68 bodies: UN

The United Nations human rights chief in Ivory Coast says UN investigators have determined there were at least 68 bodies in a mass grave recently discovered on a soccer field in the country's commercial capital, Abidjan.

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Britain concealed 'virginity tests,' researchers say

Documents show British government hid the number of tests given to female immigrants in the 1970s

Newly discovered documents, unearthed by legal researchers Marinella Marmo and Evan Smith from Australia's Flinders University, showed that the tests — meant to prove that women coming into Britain to marry were virgins — had been administered more than 80 times.

Although the tests first drew condemnation in the late 1970s, the extent to which the practice had taken place was not clear until now. The British government had previously acknowledged only two cases, both done at Heathrow Airport.

"We were shocked to see not one case, but many," Marmo said yesterday.

Marmo and Smith's research began in 2008 and was first published yesterday in the Guardian newspaper. THE ASSOCIATED PRESS

Research shows

- The results of the research show 73 women underwent virginity tests in New Delhi and nine in Bombay at British embassies between 1976 and 1979. The alleged reason was to weed out bogus immigration claims.
- The researchers say the discrepancy between their findings and the official tally makes it clear that the government, fearful of damaging its international reputation, had deliberately concealed the scale of the practice.

Fierce. Winds

▶ A Filipino girl carries a baby yesterday as strong winds blow through a temporary relocation area in Navotas, north of Manila, Philippines.

AARON FAVILA/THE ASSOCIATED PRESS

Storm surges through the Philippines

Tropical storm Aere threatened the Philippines' agricultural north yesterday after pummelling the eastern coast and the capital with fierce winds and rain that sparked floods and landslides. Aere has caused 17 deaths in the Philippines since early Sunday. Three people died in a house buried by a landslide in Camarines Sur province, and at least 10 people have drowned.

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Travel May 26 - Jun 10/ts		+ taxes & fees $474
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Chicago Air + 3 Nights $499
Chicago Essex Inn + taxes & fees $121
INCLUDES downtown accom. Departs July 10/ggv/dl. ADD hop-on, hop-off trolley for $24. UPGRADE to 4-star The Westin Michigan Avenue for $34 per night.

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Europe

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President Hotel + taxes & fees $522
INCLUDES central accom near public transport. Departs May 24/vat/ts. ADD 2-day sightseeing pass from $93.

Germany Air + First 2 Nights 4-Star $395
Movenpick Hotel Frankfurt City + taxes & fees $502
INCLUDES air into Frankfurt, return from Munich and 2 nights central Frankfurt accom with breakfast. Departs Jun 6/thn/ts. ADD 3-day German rail pass for $236.

Barcelona Air + First 2 Nights $769
Hotel Aranea + taxes & fees $424
INCLUDES central accom near the Sagrada Familia. Departs Oct 1/ggv/ts. UPGRADE to 5-star ME Barcelona for $57 per day.

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INCLUDES accom close to theme parks. Departs Jun 3/ggv/ts. BONUS complimentary shuttle service to theme parks. UPGRADE to 4-star Mona Lisa Suites Hotel for $21 per night. Pricing is per person based on 4.

Niagara Falls
1 Night + Waterpark Pass $59◊
Great Wolf Lodge taxes & fees included
INCLUDES family suite accom with waterpark pass. Price per person based on a family of 4. Departs Jun 1 - 30/ggv.

Muskoka Victoria Day Weekend
2 Nights 4-Star $91◊
Pinestone Resort taxes & fees included
INCLUDES accom in the Haliburton Highlands. Departs May 20/ggv. ADD 2 day economy car rental with unlimited mileage for $15 per day.

Honolulu Air + 7 Nights 4-Star $799◊
Mirmar At Waikiki + taxes & fees $138
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OMENAHEM KAHANA/GETTY IMAGES

▶ Israelis watch fireworks over Mount Herzl celebrating Independence Day in Jerusalem.

Israel marks autonomy

Israelis mourn fallen soldiers and celebrate 63 years of independence

Israel's sombre Memorial Day gave way to Independence Day celebrations yesterday in Jerusalem.

At the national cemetery, Mount Herzl, 12 torches were kindled. Military bases opened for visits and the Israeli air force planned flybys.

The grouping of Memorial Day with Independence Day intentionally shows the link between the costly wars Israel has fought and the establishment and survival of the Jewish state since 1948.

In contrast, Palestinians mark May 14 as a day of mourning, calling the creation of Israel "al-Naqba," Arabic for catastrophe.

THE ASSOCIATED PRESS

Man charges cockpit

Federal agents in the United States are investigating the background of a California man with a Yemeni passport, who pounded on the cockpit door of an American Airlines plane as it approached San Francisco before a flight attendant tackled him, police said yesterday.

Rageh Almurisi, 28, was yelling unintelligibly as he approached the cockpit 10 minutes before the flight from Chicago was supposed to land Sunday night. A passenger described a chaotic scene, telling a local TV station that passengers were screaming.

Almurisi was bruised in the scuffle, but no one else was hurt and the airport continued operating normally with security levels unchanged. He does not have any known ties to terrorism and investigators have not established a possible motive, police said.

The Boeing 737 carrying 162 people landed safely and he was taken into police custody.

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Canadian Tire goes on offence

Megadeal with Forzani Group gives company access to 'nearly every need of every Canadian who plays or loves sports at every level,' CEO says

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the $771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," said Stephen Wetmore, Canadian Tire president and CEO.

"Not only do they want more expensive bikes, they want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give the company a presence in the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

"By acquiring Forzani we gain access to a new set of customers — people that typically don't shop at our stores extensively today for sporting goods."
STEPHEN WETMORE, CEO, CANADIAN TIRE

Canadian Tire said the purchase will be completed using $500 million in cash and short-term financing, and has won unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations covering a wide array of products from gardening tools and golf tees to winter tires.

THE CANADIAN PRESS

▶ Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets that Canadian Tire has."

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HANDOUT

LinkedIn to sell shares in IPO

The networking website said the offering could raise up to $274.4 million US, based on a price of $33.50 per share. LinkedIn's debut could usher in IPOs of other social-networking sites such as Facebook, Groupon and Zynga.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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QUIT KICKING THE SEAT IN FRONT OF YOU

SHE SAYS ...

JESSICA NAPIER
METRO

Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged in between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

1 Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

2 Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

3 Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

4 Shower.

5 Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder and don't you dare try to strike up a conversation against their will.

"Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback."

6 When your knee is touching my knee it's awkward. Stop pretending you don't notice.

7 If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

8 Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

9 Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

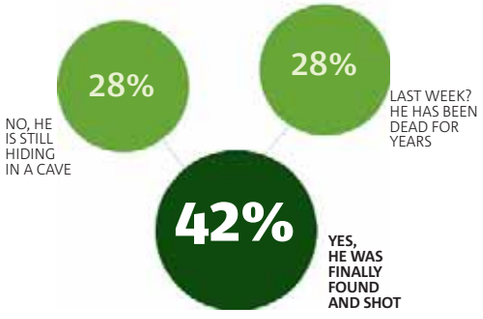
10 Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Do you believe Osama bin Laden was killed by U.S. Navy Seals last week?



Local tweets

- **@thatkarenwong:** Feeling nostalgic after seeing @google's adorable doodles in honour of Mr. Men author Roger Hargreaves:
- **@moviebungalow:** Mr Happy! Today's Google doodles celebrate 76th birthday of creator Roger Hargreaves. Sounds like there's a "Mr Men" movie in the works too!
- **@danielgodwin:** Guess Who Framed Roger Rabbit? #canadianbandmovies
- **@jgeady:** Harry Potter and The Deathly @hollerado #canadianbandmovies
- **@lyndsaylynch:** Adventures in Zuckerbabysitting #canadianbandmovies
- **@chrisbesler:** Michael Bublades of Glory #canadianbandmovies
- **@oakbayboy:** So, if I'm threatened with a fine/jail for failing 2 fill out my short-form census, the Harper Government will defend me to the last, right?
- **@purpledocket:** If anyone's considering skipping their long-form #census, can you give it to me instead? My neighbourhood could use the help.

Worth mentioning

JAKARTA, INDONESIA. Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

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Cartoon by Michael de Adder

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WEIRD NEWS

Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone. ● METRO

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2 scene

Scene in brief

Regis Philbin is ready for a new chapter. The retiring star of Live! With Regis and Kelly has a memoir coming this fall, It Books announced yesterday. Philbin, 79, will reflect on his decades-long television career. The memoir is currently untitled.

THE ASSOCIATED PRESS

New Mark Burnett reality series, Hiccups, Dan for Mayor among CTV's summer lineup

Maya doesn't need any baby advice

Comedienne reunites with SNL pal Wiig for Bridesmaids Rudolph pregnant with her third child, but is keeping busy on and off the set

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, Bridesmaids, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen Wiig and the obnoxious questions pregnant women get.

How was it teaming up with Kristen Wiig again?
It's very easy to work with her, and I happen to like her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes.

What sort of comedy do you gravitate toward in picking projects?
I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. Away We Go had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"

Are you still getting stupid questions with this pregnancy?
I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an expert. The unsolicited advice never ends when you're pregnant.

▶ Maya Rudolph stars in Bridesmaids, which opens in theatres on Friday.

Have you ever had a wedding experience as crazy as the one in the movie?
Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

What do you get recognized for the most?
These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

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The New York Times Book Review

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Breaking up done right

Blue Valentine
Genre: Drama
Director: Derek Cianfrance
Stars: Ryan Gosling, Michelle Williams
◍◍◍◍½

We say that a marriage "breaks" when couples are no longer united, but often it's not as decisive as that.

More commonly, dissolution is a process of erosion: of love, of trust, of patience. It's this slow marital wearing down that Derek Cianfrance brings so heartbreakingly to the screen, aided by rich performances from Michelle Williams and Ryan Gosling.

Titled for an old Tom Waits tune, one whose lyrics lament "half forgotten dreams/ Like a pebble in my shoe," the film proceeds in what feels like real time, but with no obvious beginning or end. It's a latticework of moments happy and sad.

Mostly sad. Cianfrance shows us enough of the good times to infer what brought Williams' Cindy and Gosling's Dean together, even though it was immediately evident that their personalities didn't mesh.

Something happened, but not suddenly. Cindy and Dean added a few years and pounds, and gained a beautiful daughter named Frankie (Faith Wladyka), but they also lost a few dreams.

Perhaps just Cindy did. She tired of Dean's immaturity, lack of direction and addictions. Dean just kept on believing. But there was to be no forward motion for Cindy and Dean, only memories scattered like a box of faded valentines.

Neither of them are saints. Dean needs to smarten up, but Cindy could stand to loosen up. He's too hot. She's too cold.

They're just people, in other words.

They're like those sad blue valentines in that Tom Waits tune, sent by a woman to her former flame: "They're insisting that our love/ Must have a eulogy." PETER HOWELL

The Illusionist
Genre: Animation
Director: Sylvain Chomet
Stars: Jean-Claude Donda, Eilidh Rankin, Duncan MacNeil
◍◍◍◍½

An almost unbearable melancholy pervades The Illusionist, Sylvain Chomet's bittersweet animated film. This may explain why it took decades for Jacques Tati's previously unproduced screenplay to finally see the dark of a theatre.

The Illusionist's Monsieur Tatischeff is a worrier and he's having trouble coping with the changes of the fast-approaching 1960s.

In the Paris and London of 1959, Tatischeff still pursues the vaudeville rabbit-pulling tricks of his long-ago youth, an act that no longer draws crowds the way it once did. Forced to travel further afield, Tatischeff finds himself in a part of Scotland so remote, he's arrived almost simultaneously with the electric light bulb — now that's entertainment!

The Illusionist is almost silent, save for amusing sound affects, snatches of garbled dialogue and a beguiling piano score. It makes you sad, but it also makes you smile. That's some magic. PETER HOWELL

Grace Potter and Nocturnals set for the big stage

Grace Potter is in the middle of an electrifying concert with her band, the Nocturnals, performing retro-rock grooves from their breakthrough album, when she takes what seems like a surprising detour and launches into a Beyoncé song.

"Why don't you love me? Tell me, baby, why don't you love me?" Potter howls as she does a rendition of the Beyoncé jam so pitch-perfect she seems to have morphed into the diva.

It's taken years for Potter to release her inner-Beyoncé, but it's a transformation that Potter felt was necessary if she and the Nocturnals were going to fully realize their rock 'n' roll dreams.

"I think part of my growing up and part of my improvement as a frontwoman was finally embracing that spirit and that animal instinct to own it up there," says Potter.

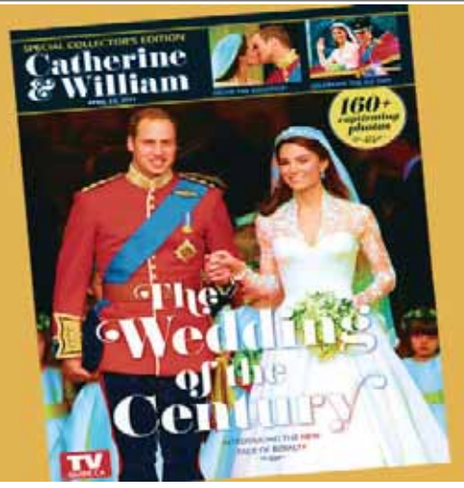
Her band has had a breakthrough year since the release of their self-titled album last summer, and the 27-year-old Potter, as the Nocturnals' sexy-glammed up frontwoman, is poised for her own star-making turn.

"If you're looking at female artists, there are very few emerging right now that do what she does," says Rick Krim, VH1's executive vice-president of talent and music programming.

VH1 picked the Nocturnals as one of the acts to watch last year. This summer, the band's profile will continue to rise. The Nocturnals are booked for major festivals, including their first appearance on the main stage of the Bonnaroo Music & Arts Festival in Manchester, Tenn. THE ASSOCIATED PRESS

MATT SAYLES/THE ASSOCIATED PRESS

▶ Grace Potter is the frontwoman for the Nocturnals.



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Reese's hubby not used to spotlight

Reese Witherspoon admits her new husband, Jim Toth, is having trouble adjusting to being married to an A-list actress.

"He thinks it's totally bizarre," she says, according to Hollyscoop, adding that the constant paparazzi attention — even when Witherspoon isn't with him — makes him really uncomfortable.

But that doesn't mean it's easier to be married to someone who isn't an actress.

"I wouldn't say it's easier," she says.

"Every relationship has its own dynamic. But it helps that he understands what I do for a living."

METRO

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Reese Witherspoon

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Cheeky little lies told by Pattinson

Twilight star convinced people he knew the Royals

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says.

METRO

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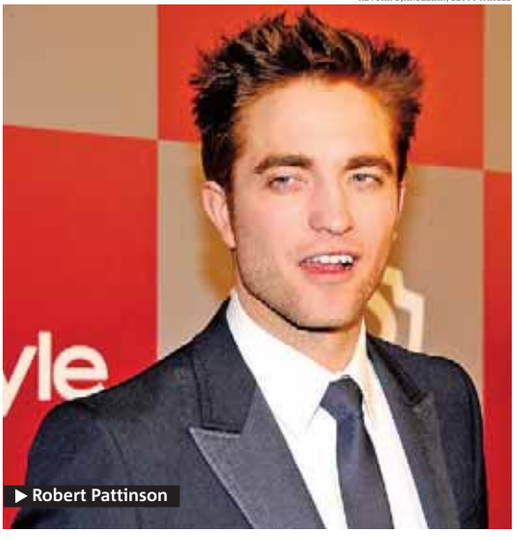

▶ Robert Pattinson

Bieber is a 'brat,' says CSI star

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber. "I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through a cake that was on the cast's table." METRO

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PRESENTED BY INTERNATIONAL INDIAN FILM ACADEMY

TORONTO HOSTS INTERNATIONAL CELEBRATION OF INDIAN FILM

LIGHTS, CAMERA, ACTION

Toronto will play host to the best in Indian cinema from June 23-25th during the gala weekend of the International Indian Film Academy (IIFA)!

The IIFA weekend promises plenty of glitz and glamour with a world premiere and several other IIFA related activities including a workshop, business forum, film briefings and public and private parties. The highlight will be the star-studded IIFA Awards Presentation Ceremony where many top stars and special guests are expected to sashay down the green carpet and into the Roger's Centre!

This is the IIFA's 12th celebration of Indian cinema and marks its first time in North America. IIFA is the most respected South Asian film academy and India's biggest and globally watched media event.

"We can't wait to welcome everyone to Toronto," said Dalton McGuinty, Premier of Ontario. "We're very proud to be the first place in North America to host this truly global event."

Each year, IIFA celebrates Indian cinema in a picturesque locale around the world, showcasing the rich culture and heritage of the host country. London, Singapore, Johannesburg, Amsterdam and Dubai are a few of the previous host cities. Each host city features a significant Indian population and Toronto — with more than 500,000 citizens of Indian heritage — is no exception.

Several other factors influenced the decision to host its North American debut in Toronto. The city is home to a thriving film industry… and several theatres that show exclusively Indian movies. In recent years, Canadians have produced a string of successful movies either set in India (2007's *Amal*) or featuring Indian themes (2002's *Bollywood/Hollywood*). When Deepa Mehta, the director of critically acclaimed films such as *Fire* (1996), *Earth* (1998) and *Water* (2005) emigrated from India, she moved to Toronto.

India's cinema industry is massive, producing more than 1,000 feature films each year. Foreign sales account for approximately 20 percent of total revenues — no surprise given the millions of expatriates who have emigrated over the years. The IIFA is keen to extend the global reach of Indian cinema and staging international events such as this one represents a significant step toward that goal.

Veteran actor and producer Anil Kapoor (a star of the International hit *Slumdog Millionaire*) is a big fan of the IIFA's annual awards gala. "The IIFA has also helped propel Indian cinema, by virtue of the deals that have been struck with production houses and the screening of our films that would have never had the opportunity to be showcased there, prior to the IIFA event."

Celebrating India's rich film heritage is an important part of the IIFA 2011. The Toronto International Film Festival (TIFF) will host an evening at the TIFF Bell Lightbox dedicated to the late Raj Kapoor (no relation to Anil), a legendary actor, director and producer of Hindi cinema.

"Kapoor fans are in for a treat with our retrospective film series which spans the career of this pioneer of Indian cinema,' says Noah Cowan, TIFF's Artistic Director.

IIFA Toronto is set for the weekend of June 23rd-25th at various locations across Toronto.

THE INTERNATIONAL GROWTH OF INDIAN CINEMA

India has long been a hotbed of filmmaking; the country's first feature (*Raja Harishchandra*) was completed in 1913.

Today, India is the world's largest producer of films — completing more than 1,200 features in 2009 alone and generating billions of dollars in annual revenues.

Exports generate more than 10 percent of these revenues — a trend driven by the significant numbers of Indians who have emigrated to other countries over the years.

The International Indian Film Academy (IIFA) was established in 2000 to promote Indian cinema worldwide. Each year since then, the IIFA has staged an awards gala in a major city, such as London (2000), Johannesburg (2003), Amsterdam (2005) and Dubai (2006). This year's Toronto gala marks the IIFA's first time in North America.

The IIFA galas continue to play a significant role in the growth of Indian cinema. In the six months following the 2007 gala in Yorkshire, England, ticket sales for Indian movies grew by 35 percent.

In the year following the 2002 IIFA gala in Malaysia sales from the exhibition and sale of Indian-cinema DVDs in that country grew by 50 percent.

Following the 2004 IIFA gala in Singapore, Indian filmmakers gained access to locations in the country for the first time in history.

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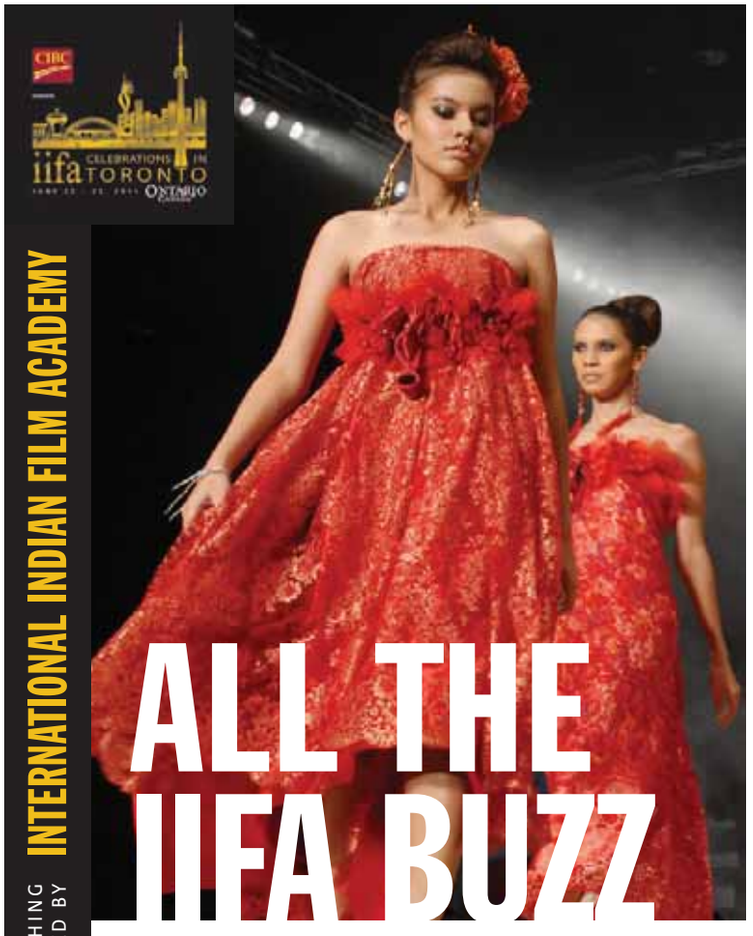

ALL THE IIFA BUZZ

MARK YOUR CALENDARS

Communities across the GTA are celebrating South Asian culture in the countdown to the IIFA Film Festival Weekend in June. Check out the list of activities that put the spotlight on South Asian music, dance, fashion, food, theatre and art! There's something for everyone… and everyone is welcome. For more information about these events, visit these websites: **www.iifa2011toronto.com, www.iifa.com/toronto2011, www.cibciifa.com.**

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CELEBRATIONS IN TORONTO JUNE 23-25

ONTARIO CANADA

TORONTO

CIBC Celebrates the IIFAs
Dundas Square
June 10 & 11

IIFA Club Night
Liberty Grand
June 23

Samsara: Feel the Flow in Toronto
Festival outside Rogers Centre
2 p.m.-6:30 p.m., June 25

MISSISSAUGA

'Mississaugans' – Gauri Gill Exhibit
Mississauga Central Library
May

Dance Workshops:
Express Yourself Bollywood Style
Schools throughout the city
May

The Art of Bollywood Exhibit
Art Gallery of Mississauga
May 12-July 31

Bolly in the Village
Port Credit
June 4-10

Get Fit Bollywood Style Fitness Classes
Community centres throughout the city
June 7-10

CIBC Presents Bollywood
Under the Stars Movie Nights
Mississauga Celebration Square
5 p.m.-10 p.m., June 19

Mississauga IIFA Buzz
Music and Dance Performances
Mississauga Celebration Square
7 p.m. start, June 24

Mississauga IIFA Buzz
Live Feed of the Awards
plus Musical Performance
Mississauga Celebration Square
June 25

Mississauga IIFA Buzz Bollywood
theme activities for the Family
Mississauga Celebration Square
12 p.m.-5 p.m., June 26

CIBC Presents Bollywood Under the
Stars Movie Nights
Mississauga Celebration Square
June 26

MARKHAM

Anwar Khurshid,
classically trained sitarist
Markham Village Library
2 p.m.-4 p.m., May 14

South Asian Heritage Celebration Day
Vedic Cultural Centre
4:30 p.m. onwards, May 14

Book Talk with Rashmee Karnad-Jani
and Sunita Mohan, Food Samples
Milliken Mills Public Library
2. p.m.- 4 p.m., May 22

Bollywood Film Night
Milliken Mills Community Centre
7 p.m., May 27

Family Storytime for ages 2-6
(in English and Hindi)
Milliken Mills Library
10:30-11:30 a.m., May 28 & June 4

Henna Workshops
Milliken Mills Library
12 p.m.-1 p.m., May 28 & June 4

Markham South Asian Mela
Neighbourhood Event Including
Miss Markham Bollywood Pageant
Featherstone Park
4 p.m.-8 p.m., June 11

SMCC Presents Family Fair
Sanathan Mandir Culture Centre
2 p.m.-7 p.m., June 12

Markham Village Music Festival –
The Taste of Markham
Main Street Markham
6 p.m. onwards, June 17

CIBC Presents Bollywood
Under the Stars Movie Nights
Markham Civic Centre
6 p.m.-10 p.m., June 17

Markham Bollywood Extravaganza
Markham Civic Centre
12 p.m.-10 p.m., June 18

BRAMPTON

CIBC Presents Bollywood
Under the Stars Movie Nights
South Fletchers Field
8 p.m.-12 a.m., May 31
Torbram/Sandalwood Fields,
8 p.m.-12 a.m., June 2
Earnscliffe Park Fields,
8 p.m.-12 a.m., June 7
Morris Kerbal Park
8 p.m.-12 a.m., June 9
Dixie Sandalwood Fields
8 a.m.-12 a.m., June 14

Brampton Buzz Opening
Night/Gala Walk of Fame
Garden Square
7 p.m.-10 p.m., June 17

Celebrate South Asia and the World
Gage Park and Garden Square
(Ken Whillans Square, Rosalea Park –
June 19 only)
7 a.m.- 10 p.m., June 18, 19

ALBION/ISLINGTON

Bollywood Gleam Glitter Glam Window
Dressing Competition
Albion Islington Square
June 1-17

CIBC Presents Bollywood Under the
Stars Movie Nights
Monsignor Fraser College
8 p.m.-12 a.m., June 4

Bollywood Spice Fundraising Dinner
Elite Banquet and Convetion Centre
7 p.m. onwards, June 10

5th Annual Albion Islington Fusion of
Taste Festival
Albion Road/Islington Avenue
11 a.m.-9 p.m., June 18

AND THE NOMINEES ARE...

METRO CUSTOM PUBLISHING PRESENTED BY INTERNATIONAL INDIAN FILM ACADEMY

Having taken the magic of Indian Cinema to a host of incredible locations in the last eleven years, the International Indian Film Academy will make its debut on North American soil this year in Toronto, Canada.

IIFA's up for grabs are spread across three main categories: popular, technical and special. The IIFA Advisory Board and members of the Indian film fraternity decide the winner for the technical awards, and nominates candidates for the popular awards. Post this, the online voting for popular awards is open to fans of India Cinema across the world.

This year the nominees leading the tally across all the categories are *Once Upon A Time In Mumbaai* which has garnered 12 nominations, *Dabangg* comes a close second with 11 nominations while *Ishqiya and Rajneeti* follow with nine and eight nominations respectively.

The nominations for the five most popular awards' categories are as follows. The rest can be found on the IIFA website.

BEST FILM
- *Band Baaja Baaraat*
- *Dabangg*
- *My Name is Khan*
- *Once Upon a Time in Mumbaai*
- *Raajneeti*

BEST PERFORMANCE IN A LEADING ROLE (MALE)
- Salman Khan, *Dabangg*
- Hrithik Roshan, *Guzaarish*
- Shah Rukh Khan, *My Name Is Khan*
- Ajay Devgan, *Once Upon a Time in Mumbaai*
- Ranbir Kapoor, *Raajneeti*

BEST PERFORMANCE IN A LEADING ROLE (FEMALE)
- Anushka Sharma, *Band Baaja Baaraat*
- Kareena Kappor, *Rai Golmaal 3*
- Aishwarya Rai Bachchan, *Guzaarish*
- Vidya Balan, *Ishqiya*
- Katrina Kaif, *Raajneeti*

BEST DIRECTION
- Maneesh Sharma, *Band Baaja Baaraat*
- Abhinav Kashyap, *Dabangg*
- Sanjay Leela Bhansali, *Guzaarish*
- Karan Johar, *My Name Is Khan*
- Milan Luthria, *Once Upon a Time in Mumbaai*
- Prakash Jha, *Raajneeti*
- Vikramaditya Motwane, *Udaan*

BEST MUSIC DIRECTION
- Alim-Sulaiman, *Band Baaja Baaraat*
- Sajid-Wajid and Lalit Pandit, *Dabangg*
- Vishal-Shekhar, *I Hate Luv Storys*
- Vishal Bhardwaj, *Ishqiya*
- Shankar Ehsaan Loy, *My Name is Khan*
- Pritam, *Once Upon a Time in Mumbaai*

A GUIDE TO THE BEST FILMS

BAND BAAJA BAARAAT starring Anushka Sharma (Shruti) and Ranveer Singh (Bittoo), is a romantic comedy about two graduates who in an unlikely venture enter the wedding planning business together. The film revolves around the Delhi wedding culture and though the two protagonists agree from the get-go that business and pleasure don't mix, they end up falling in love with each other.

DABANGG known for its popular character Chulbul Pandey (Salman Khan), focuses on the corruption of the police and the resulting shortcomings in the system. The film also has a romantic theme with Rajo (Sonakshi Sinha) catching Chulbul's eye during a law-enforcement encounter and becoming the object of his affection.

MY NAME IS KHAN highlights the social boundaries that arise from being different in terms of both mental functioning and belonging to a minority background in America, particularly Islamism post 9/11. The primary character Rizwan Khan, played spectacularly by Shah Rukh Khan, is afflicted with Asperger's syndrome (a form of Autism). When the woman he loves leaves him, he begins an expedition across America to win her back and to prove that though he may be of different faith, he is not a terrorist.

ONCE UPON A TIME IN MUMBAAI is a film that outlines the trends of the underworld of Mumbai and its effects on the city. Protagonist Sultan Mirza (Ajay Devgn) has a personality that is a juxtaposition of virtue and vice: while he is a figure of authority and respect for the common man he is also the most wanted criminal in the underworld and regarded as a menace to society. The film follows his story.

RAAJNEETI is a political thriller. The main characters, each as complex and individualistic as the next, outline the basic constructs of Indian politics. Displaying the small but significant parts that people from several strata of society play in the political world, the film projects power and hierarchy and the downward spiral effect on the characters.

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ISTOCK PHOTOS

▶ Nuts can give you that feeling of fullness and help prevent overeating.

You could go nuts trying to lose weight

Harvard newsletter reports eating nuts twice a week may help people avoid weight gain

CELIA MILNE
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal. "They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."
KIM ARREY

While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols. They are great sources of antioxidants, with walnuts getting the highest grade.

A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain. For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from over-eating at lunch.

3 life

Add nuts

How to add nuts to breakfast and lunch. Breakfast: Add nuts to your cereal, or to a smoothie. Lunch: Sprinkle some nuts on salads for added crunch.
CELIA MILNE

Aneurysms rare, but researchers search for what might trigger rupture

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Qualified participants will receive study related care and study medication for the potential treatment of erectile dysfunction at no cost.

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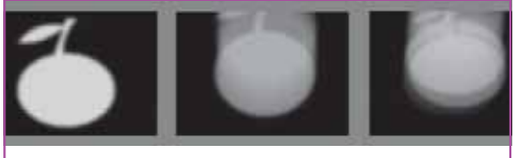

• Researchers at the Centre for Addiction and Mental Health in affiliation with the University of Toronto are conducting a new study investigating personality and gambling behaviour.
• Participants will be compensated for their time.
• We regret that not all callers will be eligible to participate.

If you do and are aged 18-65 you may be eligible to participate in a study
call: 416-260-4219 or
email: gamblingstudy@camh.net

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For more information and other programs at CAMH please visit www.camh.net or call 416.535.8501

Don't fear the pin prick

John Tsagaris and his beauty acupuncture technique works for many

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

▶ This technique really gets to the point.

Some would see spending 20 minutes with 60 or so needles embedded in your face as self harm — not self-healing. Yet your skin is a living organ and gives a clear projection of what is going on inside. Inserting acupuncture needles in the face stimulates collagen production and activates the facial muscles, making your skin look younger and plumper.

The wisdom of Chinese medicine is to use and optimize the resources of the human body and allowing it to do the job.

"Facial acupuncture works from within as it accelerates the anti-inflammatory activity and removes accumulative toxins from the skin," explains facial guru John Tsagaris. "By using a half-inch prick thin needle on the face (up to 180) and penetrating all layers of the skin, we are releasing huge chemical reactions and ultimately changing the skin's architecture, addressing the loss of facial volume and preventing the formation of wrinkles and fine lines."

"If you go lifting weights in the gym, the next day you will be in pain as what you have torn and broken muscle fibres" continues Tsagaris. "The body is designed to prevent further injury by self-improving itself so after a day or two, the broken fibres will be replaced by bulkier ones as your body prevents further injury by self improving itself."

With acupuncture, the needles going into the face trigger the skin to go into healing mode. Inserting them breaks down old, dry and dehydrated collagen fibres and the skin responds by sending tremendous amounts of anti inflammatory agents, oxygen, red and white blood cells to cope with the injury.

On a mechanical level, acupuncture reconstructs the fibre network of the skin and enables the broken fibres to be replaces with plumper ones to protect from injury. It also boosts the production of collagen to tighten and smooth the skin, creating a firm and radiant complexion and enhancing skin tone.

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WHY suffer when you don't have to? Find out for yourself why T.C.M. Dr. Alan Chen's clinic (conveniently located at Steeles and the 404) is southern Ontario's "best kept secret" for sufferers of Hemorrhoids, Fistula, Fistula, Eczema — or any combination of rectal problems.

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This week's yoga pose. Garland Pose/Malasana

What you do

1. Squat with your feet as close together as possible.
2. Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.
3. While you keep your feet flat, keep your body weight on your toes as much as possible without falling over.
4. Press your elbows against your inner knees, bringing your palms together and resist the knees into the elbows. This will help lengthen your front torso and better improve your balance.
5. To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing them out to the sides and notch your shins into your armpits. Press your finger tips to the floor, or reach around the outside of your ankles and clasp your back heels.
6. Hold the position for 30 seconds to one minute, then inhale, straighten the knees, and stand up again.
7. People with bad knee injuries should avoid this posture and seek out different yoga poses.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

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ACREU
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Running with bare feet is healthier and more natural for us, as it improves our balance, stability, and propulsion, and reduces impact.

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METRO WORLD NEWS

Dr. Nino Kuzmar, featured in this Spring's Lifestyle Magazine, **personally performs all injectable procedures**

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Shala-mar: Worth the trip to Roncesvalles

Long-time neighbourhood eatery offers a delicious lunch deal

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

If you've been avoiding Roncesvalles because of the seemingly endless construction, go now because:
• the construction isn't as bad as you think.
• you're missing out on a fabulous strip and neighbourhood, including Shala-mar Indian Cuisine.

Shala-mar Indian Cuisine
391 Roncesvalles Ave.
416-588-9877
shala-mar.com
Reservations: Yes
Licensed: Yes
Rating: 5 out of 5

STEPHANIE DICKISON

▶ Tandoori Chicken with basmati rice and green salad

Though it's been here since '89, I'd never heard of it. The softly lit room is romantic and cosy. And it's not often you get such a lush setting for a lunch of $6.95.

It's an incredible deal — your choice of veg or protein with basmati rice and green salad topped with chickpeas for only $6.95 — and it's delicious. We have Tandoori Chicken ($6.95) — moist with a slight, yet exciting yogurt tang and tender, delectable Beef Curry ($6.95) that mingles sweet with heat.

Be sure to get the crispiest, lightest Samosas you've ever had (vegetable or meat — $2 for two) and hot Naan ($2) as well.

Roncy rocks and so does Shala-mar.

THE CANADIAN PRESS/ HO

Chipotle apricot cream cheese spread

Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

Preparation:

1. Spread cream cheese spread onto bottom of small pie plate.
2. In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.
3. Stir in onion; spread over cream cheese.

Ingredients:

- 1 tub (8 oz/250 g) cream cheese spread
- 1/2 cup (1254 mL) apricot jam
- 1 can of chipotle pepper in adobo sauce, finely chopped
- 2 tbsp (30 mL) water
- 1 green onion, finely chopped
- Crackers

THE CANADIAN PRESS

Energy to start their day

Get the day off to a nutritious start for your school-bound kids and serve them this yummy muesli. The secret to this is apples and wild blueberries, which perk up the cereal and oatmeal.

Preparation:

1. Defrost wild blueberries.
2. Roast oatmeal for about 3 minutes in toaster oven.
3. Clean and core apples. Cut 8 slices for garnish and cut remainder into small cubes, about 5 mm (1/4 inch).
4. Mix cereals together and divide evenly among 4 bowls. Fill each bowl with 1/4 of the milk.
5. Place blueberries, almonds and apple over cereal. Garnish each serving with a dollop of yogurt (about 30 ml/2 tbsp) and apple slices. May be kept in an airtight container for future breakfasts. Makes 4 servings.

THE CANADIAN PRESS

Ingredients:

- 500 ml (2 cups) frozen wild blueberries
- 250 ml (1 cup) oatmeal (uncooked)
- 2 apples
- 75 ml (1/3 cup) toasted almond slices or pieces
- 750 ml (3 cups) wheat or bran flakes
- 500 ml (2 cups) skim or low-fat milk
- Yogurt, for garnish

THE CANADIAN PRESS/ HO

▶ Apple and wild blueberry muesli.

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CONTRIBUTED

▶ Samir and Diana

SWEET PRINT CARD LOVE

Names:
Samir, 26, and Diana, 26

Hometown:
Ottawa

Together since:
2005

Their story:

My husband (Samir) and I met at the University of Ottawa, where we were both students at the Telfer School of Management.

One afternoon, I was in the library, working on a term paper, when Samir approached me and asked if I had a print card he could use.

I had never spoken to or seen him before, but let me tell you, he was cute!

So I gave him my card and my number and asked him to call me when he was ready to return my card. (Smooth, eh?)

It worked!

The next day, Samir called and asked me out on a date.

We were married in June 2009 and are still going strong!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

REMEMBER 'YOUR MOM IS YOUR MOM'

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES. EMAIL YOUR QUESTIONS TO THE SISTERS AT RELATIONSHIPS@METRONEWS.CA

My mother and I don't get along. I'm a mother too, and in some ways that makes me less tolerant of her behaviour, because I wouldn't treat my own child the way she treats me: she's rude, thoughtless, undependable, often in front of my daughter! On the other hand, now that I'm a mother I almost feel like our roles are reversed and no matter how badly she behaves, I have to watch out for her. I want her to have a relationship with my daughter, but not if she drains my energy, which ends up affecting my daughter negatively. So how do I maintain a relationship with her, along with my sanity?

Andrea: Dear Mommy Not Dearest,

The fact is that your mom is your mom. You can't return her to the manufacturer when she's defective. So you have to simply forgive and accept her. You can't expect her to be like you and consistently set yourself up for disappointment.

Don't put her in positions where she must demonstrate qualities she doesn't have to succeed. If she's undependable, don't make her the babysitter. If she's rude, don't introduce her to your boss. Instead, set yourself up for good memories. Interact with her in situations where she's awesome.

She'll appreciate being less pressured to be something she's not, and chances are she'll go out of her way to make your day.

You'll be a great example for your daughter — seeing you develop a good relationship with mom will allow your daughter to build a great one with her, too.

Claire: You've summed up what it is to be an adult: we can see people's faults as clearly as we can see that we are powerless to change them. Sucks, doesn't it? As the saying goes, you can't change other people, you can only change yourself.

Therefore I suggest: first, be calm.

Second, explain to your mother the main things that bother you about her behaviour.

Third, prepare for her to ignore you.

Remember that these are the issues that psychology/psychiatry are founded on, so the best option is to talk to someone and find coping mechanisms that will help you change your reaction to her, so that her presence doesn't make you spontaneously combust.

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NOT SO SCREWED

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices, which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed. Perhaps challenged; but certainly not hopeless.

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start playing bottom line "catch up."

Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education. Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Consolidate unruly lines of credit into a traditional fixed rate mortgage while taking advantage of historically low interest rates. Lines of credit are masked as good debt, but they often cover up systemic overspending problems.

Marrying your money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other has, their income, retirement provisions or even whether or not they are current with their bills.

Sad statistic

48 per cent of Canadian marriages end in divorce.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

At extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a travelling salesman, was actually a professional gambler.

ISTOCK

▶ The couple who chooses to handle money separately may be in for some scary surprises down the road.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

On another occasion, the wife, though working at a good job, was secretly using pay day loans each week because she'd fallen so far behind in her credit card payments.

Result: They worked on it and are on the road to solvency, but not without a lot of mutual pain and sacrifice.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

IN PERSON
Meg Cabot
Thursday, May 12th, 7pm
Chapters Queensway

Meet **Meg Cabot**, the bestselling author of *The Princess Diaries* and *Mediator* series, as she discusses and signs *Abandon*, her new dark, lush and fantastical novel that explores the mysteries of the underworld and the secrets of the heart.

Must have a copy of *Abandon* to be in line - proof of purchase required from any Indigo, Chapters, WBB or Coles location.

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Not a great time to secure funding for your small business But it's never been cheaper to start one

Are you ready to tough it out alone?

DREW HINSHAW
LIFE@METRONEWS.CA

To own a small business: For generations, it has been the dream of self-starters fed up with that somebody they've got to serve.

But with unemployment up, small biz gurus say that self-employment is today less an entrepreneur's fantasy than the only sure place to land a job — at Me, Myself, & I LLP.

"There are certainly people sitting around saying, 'I have no other option," author John Jantsch of Duct Tape Marketing, says.

They should know that the option isn't as easy as it was in kinder recessions,

Small Business Is Like a Bunch of Bananas author Jim Blasingame says.

The unemployables of the early '90s, he notes, dropped their job hunting spears to sow the start-ups that made millions in the late 90s.

But they enjoyed loans more generous than any post-crash bank would dare extend.

"When it comes to traditional access to bootstrapping start-up money, both the major sources dried up in 2008," he explained.

Credit card ceilings fell to the floor, he said. Never mind the other source of start-up loot for most small businesses: a house.

"What banks are going to give you a home equity loan these days?" he said.

No Money No Problems

The good news, Jantsch counters, is that you don't need the kind of cash you used to.

"In a way there's never been a better time to start a business, because you can get into some fashion of a business for little or no money," he says.

"The internet has equipped people with some incredible tools, giving them a reach that's global, and in that regard, faced with no choice, that can make this a great time to do it."

The problem, Blasingame says, is that you'll likely be up against ultra-lean, price-undercutting companies that have survived a bloodletting recession that only made stronger what it didn't kill.

"The companies you are going to be competing with have come through the fire," he says. "They know what it costs to make a profit, they know what it takes to be competitive, and if they didn't know, they wouldn't still be in business. If you delude yourself into thinking you can outprice them, you're going to fail."

All About You

Picking the moment for your small business launch may be less about where the economy is, than where you are, NAME cautions. Are you sufficiently experienced? Are you willing and able to put in 12-hour days for months on end? Do you have the clientele?

"In America, there's never a time when you should not start a small business, but they're might be a time when you're not prepared," he says.

ISTOCK

Small businesses that have survived the recession possess a sharp knowledge of how to manage themselves in dire straits. Are you ready to compete with them?

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TUESDAY, MAY 10, 2011

LEARNING CURVE

ISTOCK IMAGES

Recipe for success

Bison steak and poutine — chefs get recognized for Canadian specialties.

George Brown chef is "Almost Famous" Jean-François Daigle, of George Brown College, has earned this year's title of Canadian Regional S.Pellegrino Almost Famous Chef. Daigle prepared honey-seared bison tenderloin. "Although I was nervous presenting to the judges, I believed in my vision. I've learned from a number of great chefs," he said.

Centennial instructor wrote the book on Canadian cuisine Chef Suman Roy, a Centennial College hospitality instructor, travelled to France in March to collect his 2010 Gourmand Cookbook Award for best culinary history book at the Paris International Cookbook fair. Roy wrote Pemmican to Poutine: A Journey Through Canada's Culinary History (Key Publishing, 2010). He has also worked at the Vancouver Olympic Winter Games, creating menu items for the athletes and guests.

And the awards go to ... talented grads

Emmy, Oscar and Juno trophies received by college grads and faculty Social service program wins funding

Sheridan grad nominated for Oscar
Dean DeBlois, a Sheridan animation graduate, was nominated for an Oscar in the best animated feature category for How to Train Your Dragon, which he co-wrote and co-directed with Chris Sanders. Produced by DreamWorks, How to Train Your Dragon has grossed close to $500 million worldwide.

Junos recognize Humber College orchestra
Humber Music faculty and lead arranging teacher John MacLeod and his Rex Hotel Orchestra won a Juno in the Traditional Jazz Category for their album, Our First Set. More than half of the orchestra members are Humber music faculty.

Centennial grad takes home an Emmy
Centennial College Broadcasting and Film graduate Adrienne Clapperton is surviving in the ever-changing world of digital entertainment, and her work has been recognized with an Emmy award in the field of interactive media. Clapperton is director of digital platforms for GlassBOX TV.

Palais Royale fundraiser includes art awards
Printmaking Instructor Tara Cooper at OCAD is among the short listed artists in this year's Open Studio National Printmaking Awards. Cooper will be recognized with peers Susan Collett, Rocky Zenyk Dobey, Erik Edson, Laine Groeneweg and Libby Hague at 100 Prints, Open Studio's major annual fundraising event on May 18. All six artists have a chance to win one of three cash prizes, with $3,000 for the top winner.

OCAD instructors long-listed for art award
The Art Gallery of Nova Scotia and Sobey Art Foundation have announced their long list for the 2011 Sobey Art Award — one of Canada's major prizes for contemporary Canadian art — that is awarded annually to an artist under the age of 40. Faculty of Art Instructor Derek Sullivan and Josh Thorpe, a teaching assistant at OCAD University's Writing & Learning Centre, are among those named to represent Ontario.

triOS graduate puts her education to work
A graduate from the triOS College Community Services Worker program, Sharon Lloyd, received the Volunteer Recognition award for her work at the Community Living Queensway Base, a non-profit that provides support to individuals with intellectual disabilities.

Gatehouse founder is a champion of change
Arthur Lockhart, professor in the School of Social and Community Services at Humber College, was named one of the CBC's Top 50 Champions of Change. Lockhart founded Gatehouse 12 years ago. Since then it has served over 10,000 child and adult sexual abuse victims, and is used as an investigation facility by police officers and social workers.

METRO NEWS

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Your guide to looking good for grad

With a little planning, fashion and function can shake hands on grad day

Consider these tips for what to wear at the big event

MARISA BARATTA
TALENTEGG.CA

The big day is finally here. Several stress-out sessions and too many exams later, you are finally graduating! Congratulations!

Having used up so much brain power on completing your studies, just the thought of figuring out what to wear to convocation can sap your remaining energy.

The key? Dress up, but be comfortable (and follow your school dress code, if there is one). Guys, you will regret not going for the tie and, girls, those super tall heels — although they make your legs look great — aren't worth the trip (the one you'll likely make on the stage).

What to wear?

Gents, it is recommended you wear a tie for your graduation portrait, and the logic remains for graduation. Having that tie popping out of the top of your robe adds a dash of sophistication and really tops off the look.

Ladies, be mindful of the length of your dress or skirt, should you choose to wear one. It might look a little funny to have that bit of colour peeping out the end of your robe. Believe it or not, graduation robes are actually quite fun to wear. Trust me, you'll look good in one!

Location, location, location

If your convocation is being held outdoors, some extra considerations need to be made.

For one, those black robes can really heat up in a non-air-conditioned space, so try to wear something light and airy underneath.

Also, you may be crossing a lawn to get to your seat, so be mindful of just how clean and new those heels are (you may find yourself sinking into the earth now and then).

An icky question to consider: will your grad robe leak colour onto your outfit?

Depending on the robe's materials and the weather conditions during your grad ceremony, it could happen.

Just be aware of this when choosing the outfit you're going to wear underneath.

Much ado about shoes

Shoes are probably the most focused-upon aspect of graduation wear.

After all, they're the only part of your outfit that's visible beneath your gown.

For the gentlemen out there, a nice pair of black shoes should do the trick. Sorry, but running shoes or sandals definitely won't cover it!

Ladies, a fancy pair of flip flops may slide under the radar, but this is your big day, so spring for a more formal pair of shoes.

Opting out of heels is acceptable (your pretty flats will look and feel good), but if you do wear heels, breeze past that really tall, uncomfortable pair and find something you can confidently walk in. You only get a few seconds on stage and you want to make the best of them!

Hair care

Careful if you put your hair up or spring for spikes. Will the graduation cap really fit over that beautiful but thick bun? No.

And don't go all out on the hair around your scalp because no one is going to

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ISTOCK IMAGES

▶ Rocking a cap and gown takes style, but you don't want to go over board.

see it, and when they do, it will be after two hours of being shoved under a hat.

My fellow curly-haired maidens, you have a situation before you.

If your hair curls from the roots, your top curls may be flattened by the graduation cap, resulting in flat hair on top and a wiry, I-just-got-electrocuted look on the bottom, so whip out your high school grad cap (if you didn't throw it up at the end of the ceremony before realizing you might never find it again) and test out the look.

That's not to say you have to straighten your hair, either.

My curls form about halfway down my hair, and speaking from my own convocation experience, the cap conforms quite nicely.

Your moment to shine

The best thing you can wear on your big day is a bright smile. Here's to looking good for grad.

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Billboard
SCHOOLS THAT ROCK!

Former students speak about their alma mater in Billboard Magazine's 2011 education feature, 'Schools That Rock!'

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Phil Demetro, Lacquer Channel Mastering. Harris Institute 1997

"What I loved most about Harris Institute is the knowledge and experience the teachers handed down to us. From marketing to law, theory to math, everything is related to music, so no course feels like a waste of time."
Chris Ramos, Producer/DJ. Harris Institute 2011

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Busy nurses have online option at Rye

FALL 2011. Ryerson University's G. Raymond Chang School's Nursing Post-Diploma Degree Completion Program will be available fully online providing simulations, video, discussion boards and role-play. METRO

It's important to stay social post-grad

Extra-curricular activities build character and enhance your resumé
Environment, sports, charities — search for a cause you believe in

SASHA RANA
TALENTEGG.CA

Faculty clubs. Athletic events. Social committees. Pub night fundraisers. Campus newspapers. There are so many possibilities for students to get involved in extra-curricular activities.

Once you walk across that stage to accept your degree or diploma, those opportunities on campus are left behind.

But these types of personal endeavours remain important — they're character builders and they enhance your resumé and show you are a well-rounded individual. Here are some great ways to get involved in your community.

- Browse charity websites that represent a cause you believe in to see what volunteer initiatives are available: World Wildlife Fund, Canadian Cancer Society, local Humane Society or other pet rescue organization.
- Pick up pamphlets that advertise major fundraising events and participate in them. Think Terry Fox Run or CIBC Run for the Cure. It's all about raising money for a great cause and getting a workout.
- Check out your local YMCA or community centre to see which intramural sports teams are accepting new members.
- Research volunteering websites to see what openings might be a suitable fit for you. Habitat.ca is one example.
- Search for volunteer opportunities on career websites (like TalentEgg.ca).

ISTOCK

▶ Volunteering experience can show an employer that you are a well-rounded individual.

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Ontario

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Heat in control at 3-1

98	90
HEAT	CELTICS

LeBron James scored 35 points and grabbed 14 rebounds to lead Miami to a 98-90 overtime victory over the Boston Celtics last night and give the Heat a 3-1 lead in the NBA Eastern Conference semifinals.

651481

Dwyane Wade scored 28 with nine rebounds and Chris Bosh had 20 points and 12 rebounds for Miami, which could eliminate the defending conference champions and advance to the East finals with a victory in Game 5 in Miami tomorrow night.

James, Wade and Bosh scored 83 of Miami's 98 points and had 35 of its 45 rebounds.

Paul Pierce scored 27, Ray Allen had 17 and Kevin Garnett had seven points and 10 rebounds for Boston.

James made up for a turnover at the end of regulation with a fall-away jumper to start overtime and give Miami the lead for good. The Celtics scored just four points in overtime.

THE ASSOCIATED PRESS

FREDERICK BREEDON/GETTY IMAGES

▶ Mason Raymond of the Canucks scores against Pekka Rinne in Nashville last night.

Canucks put Preds to bed

- Vancouver reaches conference finals for first time since 1994
- Move on to face the winner between the Red Wings and Sharks

2	1
CANUCKS	PREDATORS

Daniel Sedin and Mason Raymond scored first-period goals, and Roberto Luongo made 23 saves as the Vancouver Canucks beat the Nashville Predators 2-1 to advance to the Western Conference finals last night.

Raymond gave Vancouver the lead 7:45 into the game and Sedin made it 2-0 just 1:43 later. Luongo did the rest for the Canucks, who were outshot 24-19. Vancouver recorded only nine total shots in the first two periods.

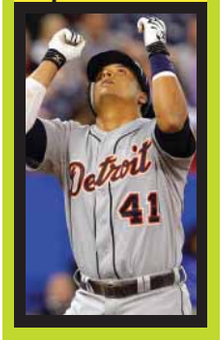
Ryan Kesler assisted on both Vancouver goals, giving him five goals and six assists in the series.

"He was a force the whole series," Nashville coach Barry Trotz said of Kesler. "He had one of those series that was absolutely remarkable. If he doesn't play that way we're probably going to Game 7."

David Legwand's goal 3:31 into the second cut Vancouver's lead to 2-1, but Nashville couldn't get the equalizer. THE ASSOCIATED PRESS

4 sports

Sports in brief



Austin Jackson drove in four runs, including a three-run double in a big fourth inning, and Victor Martinez, pictured, drove in three runs with two doubles and a homer as the Detroit Tigers beat Toronto 10-5 yesterday. Jays starter Brandon Morrow (1-2) allowed five runs, three hits and three walks while striking out six in 3 ⅓ innings.

THE CANADIAN PRESS

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Salaries back on rise in MLS

Major League Soccer's average salary rose 12 per cent this year to $154,852 US.

David Beckham, of the Los Angeles Galaxy, remains the league's highest-paid player at $6.5 million, according to figures released by the MLS Players Union last weekend.

Thierry Henry is second at $5.6 million and Rafael Marquez is third at $4.6 million. Both signed with the New York Red Bulls last summer.

Toronto FC's top paid player is Julian de Guzman, at $1.9 million.

The average rose from $138,169 at the start of last season, which represented a 6.6 per cent decline from $147,345 in 2009. THE ASSOCIATED PRESS

Red Wings want one more trip to San Jose

Sharks looking for more from top scorers Marleau and Thornton

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Detroit's Tomas Holmstrom celebrates Sunday after scoring in the third period of Game 5.

The Detroit Red Wings are confident they will beat the San Jose Sharks for a third straight time and force a Game 7.

The Red Wings arrived home yesterday after avoiding elimination in San Jose, and Detroit coach Mike Babcock was asked if he hoped to get back on the team plane one more time.

"We're getting on it," Babcock said.

The Red Wings must beat the Sharks tonight in Game 6 of the Western Conference semifinal series to make a trip back to San Jose necessary Thursday.

The Sharks, of course, want to force the Red Wings to make other plans.

"I can't control what people say, or anything like that."

SAN JOSE'S PATRICK MARLEAU ON BEING CALLED "GUTLESS" BY TV ANALYST, AND FORMER TEAMMATE, JEREMY ROENICK AFTER GAME 5.

"You try to eliminate teams when you have a chance to," San Jose forward Joe Thornton said. "So we're going to go in there and try to eliminate them."

San Jose's chances to end Detroit's comeback will probably improve if Patrick Marleau and Thornton, its top two scorers during the regular season, lead the way.

Marleau is pointless through five games and Thornton has been held to one assist since the Sharks surged to a 3-0 series lead in the second-round rematch from last year. THE ASSOCIATED PRESS

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NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE SEMI-FINALS
(Best-of-7 series)

EASTERN CONFERENCE
WASHINGTON VS. TAMPA BAY
(Tampa Bay wins 4-0)
PHILADELPHIA VS. BOSTON
(Boston wins 4-0)

WESTERN CONFERENCE
VANCOUVER VS. NASHVILLE
(Vancouver leads 3-2)
Last night's result
Vancouver at Nashville
Tomorrow's game
x-Nashville at Vancouver, 9 p.m.
SAN JOSE VS. DETROIT
(San Jose leads 3-2)
Sunday's result
Detroit 4 San Jose 3
Tonight's game
San Jose at Detroit, 8 p.m.
Thursday's game
x-Detroit at San Jose, 9 p.m.
x — if necessary.

SUNDAY

RED WINGS 4, SHARKS 3
First Period
1. San Jose, Setoguchi 5 (Boyle, Thornton) 17:18
Penalties — Stuart Det (boarding) 5:46, Lidstrom Det (tripping) 12:26, Franzen Det (slashing), Thornton SJ (unsportsmanlike conduct) 17:43.
Second Period
2. San Jose, Pavelski 5 (Clowe, Wellwood) 15:32
3. Detroit, Kronwall 2 (Datsyuk, Stuart) 16:25
Penalties — Datsyuk Det (holding) 2:46, Thornton SJ (hooking) 10:05.
Third Period
4. San Jose, Couture 4 (Heatley) 0:54
5. Detroit, Ericsson 1 (Zetterberg, Datsyuk) 3:43
6. Detroit, Cleary 2 (Kronwall, Bertuzzi) 5:29
7. Detroit, Holmstrom 3 (Lidstrom, Datsyuk) 13:52
Penalties — Heatley SJ (high-sticking) 1:25, Abdelkader Det (elbowing) 14:55.
Shots

Detroit	7	9	6	—22
San Jose	16	14	12	—42

Goal — Detroit: Howard (W,6-3-0); San Jose: Niemi (L,6-4-0). **Power plays (goals-chances)** — Detroit: 0-2; San Jose: 0-4.
Referees — Chris Lee, Tim Peel. **Linesmen** — Derek Amell, Pierre Racicot.
Att. — 17,562 (17,562) at San Jose, Calif.

SCORING LEADERS

	G	A	PT
St. Louis, TB	6	7	13
Kesler, Vcr	5	8	13
Clowe, SJ	4	9	13
Datsyuk, Det	3	10	13
Lecavalier, TB	5	7	12
P.Bergeron, Bos	2	10	12
Downie, TB	2	10	12
Giroux, Pha	1	11	12
Ward, Nash	7	5	12
Marchand, Bos	5	6	11
Purcell, TB	1	10	11
Horton, Bos	5	5	10
Krejci, Bos	5	5	10
Ovechkin, Wash	5	5	10
Couture, SJ	4	6	10
Cammalleri, Mtl	3	7	10
J.Thornton, SJ	2	8	10
Briere, Pha	7	2	9
D.Sedin, Vcr	5	4	9
Boyle, SJ	2	7	9
Ehrhoff, Vcr	2	7	9
Bergenheim, TB	7	1	8
Legwand, Nash	5	3	8
Burrows, Vcr	4	4	8
Lidstrom, Det	4	4	8
Moore, TB	2	6	8
Perry, Ana	2	6	8
H.Sedin, Vcr	1	7	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Pavelski, SJ	5	2	7
Kelly, Bos	4	3	7
Fisher, Nash	3	4	7
Heatley, SJ	3	4	7
Holmstrom, Det	3	4	7
Gagne, TB	2	5	7
Recchi, Bos	2	5	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7
M.Richards, Pha	1	6	7
Wellwood, SJ	1	6	7
Setoguchi, SJ	5	1	6
Keith, Chi	4	2	6
Semin, Wash	4	2	6
Stamkos, TB	4	2	6
Bertuzzi, Det	2	4	6
Bolland, Chi	2	4	6
Cleary, Det	2	4	6
Edler, Vcr	2	4	6
Getzlaf, Ana	2	4	6
Hossa, Chi	2	4	6
Johansson, Wash	2	4	6
Meszaros, Pha	2	4	6
Spaling, Nash	2	4	6
Arnott, Wash	1	5	6
Brewer, TB	1	5	6
Erat, Nash	1	5	6
Franson, Nash	1	5	6
Green, Wash	1	5	6
P.Kane, Chi	1	5	6
Myers, Buf	1	5	6
Peverley, Bos	1	5	6
Seidenberg, Bos	1	5	6
Suter, Nash	1	5	6
Timonen, Pha	1	5	6
Tootoo, Nash	1	5	6
Versteeg, Pha	1	5	6
I.White, SJ	1	5	6
Zetterberg, Det	1	5	6
Vanek, Buf	5	0	5
Doan, Phx	3	2	5
Clifford, LA	3	2	5
Gionta, Mtl	3	2	5
Leino, Pha	3	2	5
Malone, TB	3	2	5
Sharp, Chi	3	2	5
S.Weber, Nash	3	2	5
Frolik, Chi	2	3	5
Helm, Det	2	3	5
Kronwall, Det	2	3	5
Lucic, Bos	2	3	5
Marleau, SJ	2	3	5
Richardson, LA	2	3	5
Plekanec, Mtl	2	3	5
Ryder, Bos	2	3	5
Smyth, LA	2	3	5
Vrbata, Phx	2	3	5
Ference, Bos	1	4	5

Last night's game not included

HOCKEY

CANADA 3, SWEDEN 2
First Period
1. Canada, Neal 2 (Spezza) 1:08
2. Sweden, Petrasek 2 (Gunnarsson, Paajarvi) 3:43 (pp)
3. Canada, Tavares 5 (Skinner, Stewart) 13:20
Penalties — Burns Cda (interference) 3:12, Persson Swe (hooking) 8:32, Eriksson Swe (tripping) 11:18, Duchene Cda (tripping) 14:27.
Second Period
4. Sweden, Tedenby 1 (Silfverberg, Kruger) 10:38 (pp)
Penalties — Petrasek Swe (hooking) 2:12, Tavares Cda (hooking) 10:20, Rundblad Swe (hooking) 11:45, Eberle Cda (slashing) 14:55, Nash Cda (charging) 18:19, Patrasek Swe (hooking) 19:41.
Third Period
5. Canada, Nash 2 (Burns, Neal) 12:31 (pp)
Penalties — Neal Cda (slashing) 4:07, Persson Swe (tripping) 12:04, Burns Cda (roughing) 15:06, Kruger Swe (slashing) 16:34, Petrasek Swe (slashing) 18:15.
Shots

Canada	**17**	**11**	**15**	**—43**
Sweden	5	8	10	—23

Goal — Canada: Bernier (W,2-0-0); Norway: Ersberg (L,0-2-0). **Power plays (goals-chances)** — Canada: 1-8; Norway: 2-7.
Referees — Sami Partanen (Finland), Daniel Piechaczek (Germany). **Linesmen** — Jiri Gebauer (Czech Republic), Jussi Terho (Finland).
Att. — 7,633 at Kosice, Slovakia.

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP
FINAL QUALIFICATION ROUND STANDINGS

Group E

	GP	W	OW	OL	L	GF	GA	Pt
Czech Rep.	5	5	0	0	0	19	7	15
Finland	5	2	2	0	1	16	10	10
Germany	5	2	0	2	1	15	17	8
Russia	5	2	0	1	2	12	14	7
Slovakia	5	1	0	0	4	13	14	3
Denmark	5	0	1	0	4	9	22	2

Group F

	GP	W	OW	OL	L	GF	GA	Pt
Canada	**5**	**3**	**2**	**0**	**0**	**23**	**11**	**13**
Sweden	5	3	0	1	1	18	10	10
Norway	5	2	1	0	2	17	15	8
USA	5	2	0	1	2	15	19	7
Switzerland	5	1	1	1	2	11	12	6
France	5	0	0	1	4	5	22	1

Note: 3 points for a regulation win, 2 for an overtime win and 1 for an overtime loss.
Yesterday's results
At Kosice
Canada 3 Sweden 2
Switzerland 5 United States 3
France 5 Norway 2
At Bratislava
Slovakia 4 Denmark 1
Finland 3 Russia 2 (SO)
Czech Republic 5 Germany 2
Sunday's results
At Bratislava
Czech Republic 3 Russia 2
At Kosice
Sweden 2 Switzerland 0
QUARTER-FINALS
All games at Bratislava
Tomorrow's games
All times Eastern
Czech Republic vs. United States, 10:15 a.m.
Sweden vs. Germany, 2:15 p.m.
Thursday's games
Finland vs. Norway, 10:15 a.m.
Canada vs. Russia, 2:15 p.m.
SEMI-FINALS
At Bratislava
Friday's games
Czech Republic-United States winner vs. Sweden-Germany winner, 10:15 a.m.
Finland-Norway winner vs. **Canada**-Russia winner, 2:15 p.m.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	19	13	.594	—
Tampa Bay	20	14	.588	—
Boston	16	18	.471	4
Toronto	15	20	.429	5½
Baltimore	14	19	.424	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	22	11	.667	—
Kansas City	18	16	.529	4½
Detroit	18	18	.500	5½
Minnesota	12	20	.375	9½
Chicago	13	22	.371	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	20	15	.571	—
Oakland	18	17	.514	2
Texas	18	17	.514	2
Seattle	16	19	.457	4

Last night's results
Detroit 10 Toronto 5
Minnesota at Boston
Oakland at Texas
Chicago White Sox at L.A. Angels
Sunday's results
Detroit 5 Toronto 2
L.A. Angels 6 Cleveland 5
Oakland 5 Kansas City 2
Tampa Bay 5 Baltimore 3
Chicago White Sox 5 Seattle 2 (10 innings)
Boston 9 Minnesota 5
N.Y. Yankees 12 Texas 5
Today's games
All times Eastern
Kansas City (Davies 1-4) at N.Y. Yankees (F.Garcia 1-2), 7:05 p.m.
Seattle (Pineda 4-2) at Baltimore (Arrieta 4-1), 7:05 p.m.
Tampa Bay (Sonnanstine 0-0) at Cleveland (Tomlin 4-1), 7:05 p.m.
Boston (Lester 4-1) at Toronto (Drabek 2-2), 7:07 p.m.
Oakland (Anderson 2-2) at Texas (C.Lewis 2-4), 8:05 p.m.
Detroit (Porcello 2-2) at Minnesota (Liriano 2-4), 8:10 p.m.
Chicago White Sox (Danks 0-5) at L.A. Angels (Pineiro 1-0), 10:05 p.m.
Tomorrow's games
Detroit at Minnesota, 1:10 p.m.
Oakland at Texas, 2:05 p.m.
Kansas City at N.Y. Yankees, 7:05 p.m.
Seattle at Baltimore, 7:05 p.m.
Tampa Bay at Cleveland, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Chicago White Sox at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	23	11	.676	—
Florida	20	14	.588	3
Atlanta	20	16	.556	4
Washington	16	18	.471	7
New York	15	19	.441	8

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	20	15	.571	—
Cincinnati	18	16	.529	1½
Pittsburgh	18	17	.514	2
Chicago	15	18	.455	4
Milwaukee	14	20	.412	5½
Houston	13	21	.382	6½

WEST DIVISION

	W	L	Pct	GB
Colorado	18	14	.563	—
San Francisco	18	16	.529	1
Los Angeles	16	20	.444	4
Arizona	15	18	.455	3½
San Diego	14	20	.412	5

Last night's results
Pittsburgh 4 L.A. Dodgers 1
Philadelphia 6 Florida 4
Cincinnati at Houston
San Diego at Milwaukee
N.Y. Mets at Colorado
Sunday's results
San Francisco 3 Colorado 0
Cincinnati 2 Chicago Cubs 0
Florida 8 Washington 0
St. Louis 3 Milwaukee 1
San Diego 4 Arizona 3
Atlanta 5 Philadelphia 2
L.A. Dodgers 4 N.Y. Mets 2
Pittsburgh 5 Houston 4
Today's games
All times Eastern
L.A. Dodgers (Lilly 2-3) at Pittsburgh (Correia 5-2), 7:05 p.m.
Philadelphia (Halladay 5-1) at Florida (Jo.Johnson 3-1), 7:10 p.m.
Washington (Marquis 3-1) at Atlanta (T.Hudson 4-2), 7:10 p.m.
Cincinnati (Bailey 1-0) at Houston (Myers 1-2), 8:05 p.m.
St. Louis (Carpenter 0-2) at Chicago Cubs (Zambrano 4-1), 8:05 p.m.
San Diego (Richard 1-3) at Milwaukee (Marcum 3-1), 8:10 p.m.
N.Y. Mets (Pelfrey 2-3) at Colorado (Hammel 3-1), 8:40 p.m.
Arizona (I.Kennedy 3-1) at San Francisco (Lincecum 3-3), 10:15 p.m.
Tomorrow's games
San Diego at Milwaukee, 1:10 p.m.
Cincinnati at Houston, 2:05 p.m.
N.Y. Mets at Colorado, 3:10 p.m.
L.A. Dodgers at Pittsburgh, 7:05 p.m.
Philadelphia at Florida, 7:10 p.m.
Washington at Atlanta, 7:10 p.m.
St. Louis at Chicago Cubs, 8:05 p.m.
Arizona at San Francisco, 10:15 p.m.

SOCCER

MLS

Tomorrow's games
All times Eastern
Los Angeles at Philadelphia, 7:30 p.m.
Toronto at Dallas, 9 p.m.
San Jose at Vancouver, 10 p.m.
Saturday's games
Chicago at Toronto, 7 p.m.
Colorado at D.C. United, 7:30 p.m.
Vancouver at New England, 7:30 p.m.
Philadelphia at Dallas, 8:30 p.m.
Houston at Real Salt Lake, 9 p.m.
Columbus at San Jose, 10:30 p.m.
Kansas City at Los Angeles, 10:30 p.m.
Portland at Seattle, 11 p.m.
Sunday, May 15
Chivas USA at New York, 7 p.m.

LACROSSE

NLL PLAYOFFS

FINAL
Sunday, May 15
Washington at Toronto, 2 p.m. (EDT)

TENNIS

ATP-WTA

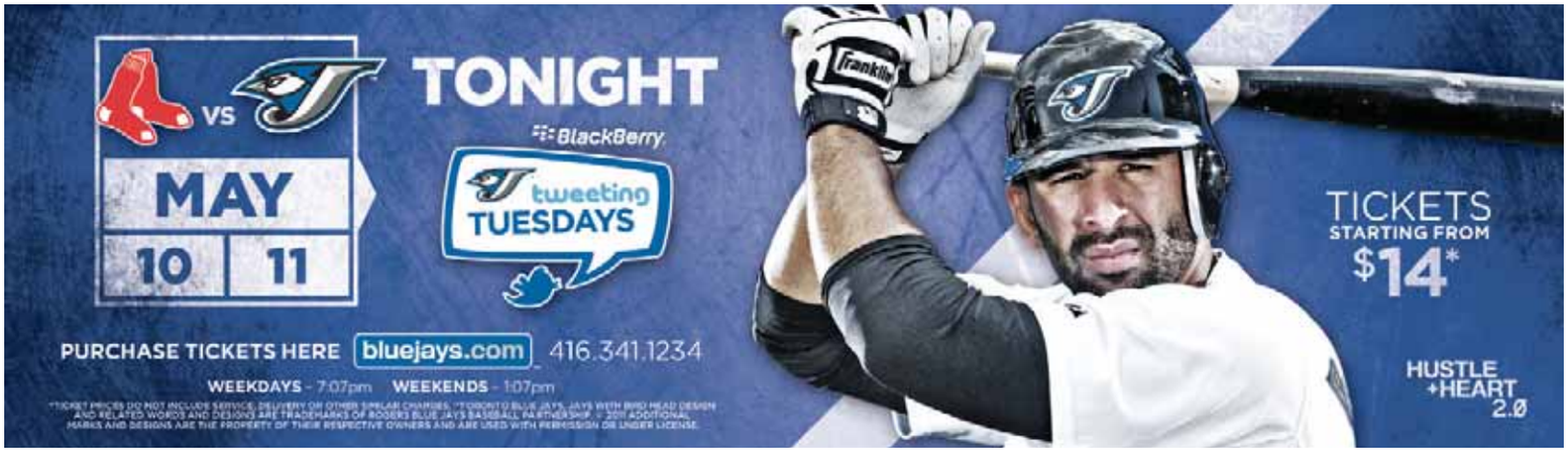
INTERNAZIONALI BNL D'ITALIA
At Rome
Men's Singles — First Round
Mardy Fish (11), U.S., def. Santiago Giraldo, Colombia, 4-6, 6-2, 6-2.
Gilles Simon, France, def. Andy Roddick (12), U.S., 6-3, 6-3.
Viktor Troicki (15), Serbia, def. Nikolay Davydenko, Russia, 6-4, 7-5.
Igor Andreev, Russia, def. Pere Riba, Spain, 6-4, 7-5.
Xavier Malisse, Belgium, def. Guillermo Garcia-Lopez, Spain, 7-5, 6-2.
Lukasz Kubot, Poland, def. Pablo Cuevas, Uruguay, 7-6 (1), 2-6, 6-2.
Jarkko Nieminen, Finland, def. Adrian Mannarino, France, 7-5, 2-6, 6-3.
Sergiy Stakhovsky, Ukraine, def. Victor Hanescu, Romania, 6-3, 1-6, 7-6 (6).
Potito Starace, Italy, def. Alexandr Dolgopolov, Ukraine, 6-3, 6-3.
Jo-Wilfried Tsonga, France, def. Marcos Baghdatis, Cyprus, 6-3, 6-2.
Women's Singles — First Round
Marion Bartoli (9), France, def. Arantxa Parra Santonja, Spain, 6-2, 6-3.
Greta Arn, Hungary, def. Svetlana Kuznetsova (11), Russia, 3-6, 7-6 (4), 7-6 (9).
Ana Ivanovic (13), Serbia, def. Nadia Petrova, Russia, 6-0, 3-0 (retired).
Iveta Benesova, Czech Republic, def. Gisela Dulko, Argentina, 6-2, 6-1.
Lourdes Dominguez Lino, Spain, def. Barbora Zahlavova Strycova, Czech, 6-1, 0-6, 7-6 (4).
Anabel Medina Garrigues, Spain, def. Patty Schnyder, Switzerland, 6-3, 6-2.
Vera Dushevina, Russia, def. Ayumi Morita, Japan, 6-3, 6-1.
Ekaterina Makarova, Russia, def. Maria Jose Martinez Sanchez, Spain, 6-0, 5-7, 6-4.
Polona Hercog, Slovakia, def. Alexandra Dulgheru, Romania, 6-1, 7-5.
Elena Vesnina, Russia, def. Tamira Paszek, Austria, 6-4, 6-4.
Alisa Kleybanova, Russia, def. Varvara Lepchenko, U.S., 6-2, 6-2.
Jarmila Gajdosova, Australia, def. Corinna Dentoni, Italy, 6-1, 6-2.

NBA

PLAYOFFS

All times Eastern

SECOND ROUND
(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Atlanta (5)
(Series tied 2-2)
Sunday's result
Atlanta 100 Chicago 88
Tonight's game
Atlanta at Chicago, 8 p.m.
Miami (2) vs. Boston (3)
(Miami leads 3-1)
Last night's result
Miami 98 Boston 90 (OT)
WESTERN CONFERENCE
L.A. Lakers (2) vs. Dallas (3)
(Dallas wins 4-0)
Sunday's result
Dallas 122 L.A. Lakers 86
Oklahoma City (4) vs. Memphis (8)
(Memphis leads 2-1)
Last night's result
Oklahoma City at Memphis



Nash leads Canada past Swedes

Rick Nash and his Canadian teammates have earned an early date with Russia at the IIHF World Hockey Championship.

The big winger tipped home the winning goal with less than eight minutes to play yesterday as Canada edged Sweden 3-2 to complete a perfect 6-0 run through the round-robin portion of the event.

Next up is a matchup against Russia, which has struggled despite the arrival of Alex Ovechkin. The quarter-final game is Thursday (TSN, 2:15 p.m.) in Bratislava, Slovakia.

Sweden will face Germany in its first game of the medal round.

James Neal and John Tavares also scored for Canada while David Petrasek and Mattias Tedenby replied for the Swedes (4-2).

Nash had a big impact on the game, levelling Mikael Backlund with a bodycheck in the second period, before tipping home a Brent Burns shot for the winner at 12:31 of the third. THE CANADIAN PRESS

PETR DAVID JOSEK/THE ASSOCIATED PRESS

▶ Rick Nash celebrates yesterday after scoring the winning goal against Sweden in Kosice, Slovakia.

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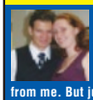

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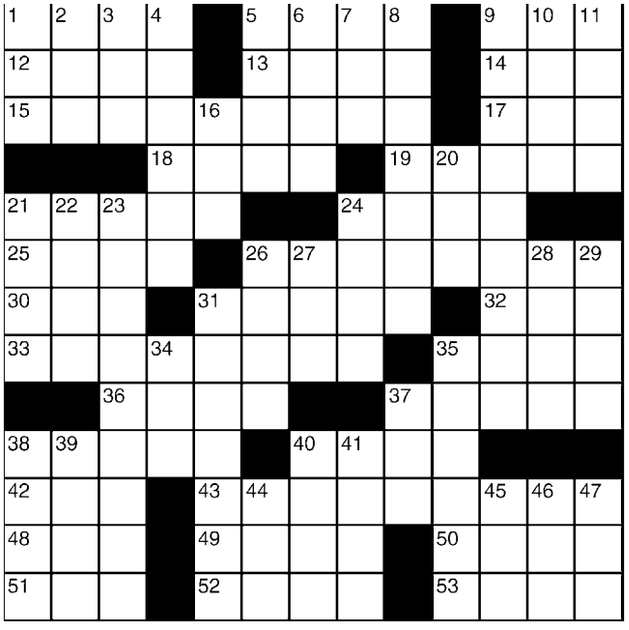

Across

1 Musical ending
5 Grand story
9 That girl
12 German city, once a capital
13 Finding Nemo fish
14 Embrace
15 "Hurry up!"
17 Palindromic title
18 Weak, as an excuse
19 Undressed
21 Moderate yellow-brown
24 Unembellished
25 Legal wrong
26 Served
30 Hearty brew
31 Trombone section
32 — budget
33 Lounge chair part
35 Rams' fans?
36 Legendary English actor Edmund
37 Painter Max
38 Computer connector
40 Dregs
42 Past
43 Theatrical "good luck!"
48 Stitch
49 Photog's choice
50 Goodyear product
51 Barbie's companion
52 Vortex
53 Fervor

Down

1 Couric's network
2 Reaction to fireworks
3 CSI evidence
4 Short sock
5 Dutch cheese
6 Mast
7 Anger
8 Young swans
9 Ship's crew's rehearsal
10 Ginormous
11 "Zounds!"
16 Listener
20 Exist
21 Nevada neighbour
22 Double agent
23 Categorization
24 Atomizer output
26 Small songbird
27 Small batteries
28 Singles
29 Famed political cartoonist
31 Prickly shrub
34 Sandra or Ruby
35 Poor substitute
37 "A mouse!"
38 Halloween cover-up
39 Curved moulding
40 Give temporarily
41 Uncomplicated
44 Scarlet
45 Falsehood
46 Historic time
47 Solidify

▶ Yesterday's answer

M	A	I	L	■	O	B	I	■	P	E	N	D
I	G	N	I	T	I	O	N	■	A	L	O	E
L	A	N	C	E	L	O	T	■	T	A	T	A
■	■	■	H	A	Y	■	E	A	R	N	E	D
U	Z	B	E	K	■	T	R	I	O	■	■	■
M	I	E	N	■	S	A	N	D	L	O	T	■
P	T	A	■	A	P	R	E	S	■	V	A	T
■	I	N	K	B	L	O	T	■	L	U	K	E
■	■	■	A	L	I	T	■	W	O	M	E	N
R	E	G	R	E	T	■	S	A	G	■	■	■
U	V	E	A	■	P	O	L	Y	G	L	O	T
S	E	N	T	■	E	R	O	S	I	O	N	S
T	R	E	E	■	A	B	E	■	A	L	E	E

Sudoku

	7		5					
		1		8				7
		4		2	6	9	1	
		6						8
	3	7		9		2	6	
4						7		
	9	2	8	1		6		
8				4		5		
					3		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Batinski, Happy anniversary to the best batinski a belou could ever ask for! Love you lots! From **BELOUMABEAR**

Lora, Dump the bum & come with ME!!!!!!!!!! I will treat u right & rub your feet at night. Please look around & you will see From **ME**

Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From **ROBERT**

Karan, A very very HAPPY 22nd BIRTHDAY to a very special person. Wish you lots of love, luck and happiness in life for today and the many more birthdays to come. May this day be a memorable one for you. Life would not be the same without you. Love you so very much my baby. From **NS**

Today 15°/7° Partly sunny
Wednesday 17°/9° Sunny
The Weather Network: You have voted us #1 for best forecasts on TV. Thank you Canada!
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You know that if others would only listen to your advice everything would be fine.

♉ Taurus April 21-May 21 You can't stop people from making mistakes.

♊ Gemini May 22-June 21 Look at how fortunate you are and how many options are open to you.

♋ Cancer June 22-July 22 You can impose your will on others but you will achieve more if you meet colleagues halfway.

♌ Leo July 23-Aug.23 Compared to most people you've had it easy, so quit complaining and get down to some serious work.

♍ Virgo Aug. 24- Sept. 22 Today you could be misled by people who know how to push your emotional buttons.

♎ Libra Sept. 23-Oct. 23 Listen to and act upon what your inner voice tells you today.

♏ Scorpio Oct. 24-Nov. 22 Don't gamble with your health today.

♐ Sagittarius Nov. 23-Dec. 21 If someone tries to pressure you into making a quick decision tell them to get lost.

♑ Capricorn Dec. 22-Jan. 20 Watch out your emotions don't get the better of you today.

♒ Aquarius Jan. 21-Feb. 18 Flattery will get you a long way today.

♓ Pisces Feb. 19-March 20. Look at your fears for what they really are: phantoms of your imagination that should be ignored. SALLY BROMPTON

Caption contest

KYODO NEWS/THE ASSOCIATED PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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DOWNLOAD THE NEW METRO APP for your BlackBerry, iPhone and iPad.
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Courtesy of Pizza Nova

THAT'S AMORE!

PIZZA NOVA HOSTS ITS 12TH ANNUAL THAT'S AMORE PIZZA FOR KIDS FUNDRAISER TODAY

Medium pepperoni pizzas are only $4.99 and Pizza Nova will be donating one dollar from each sale to Variety–the Children's Charity.

"At Pizza Nova we appreciate how important it is to give back to the communities that support us," says company president, Domenic Primucci. "Our amazing customers have enjoyed over 800,000 pizzas in support of this incredible organization!"

Pizza Nova's hand-tossed pizzas are made with only the finest ingredients. The tomatoes used in their sauce are vine-ripened in California, their pepperoni is made from a custom recipe, and their cheese is a secret blend supplied by the Dairy Farmers of Canada. Today only, Ontarians can Taste the Difference and Make a Difference for only $4.99!

"None of what we do would be possible without supporters like Pizza Nova and their annual That's Amore Pizza for Kids fundraiser," says Lynda Elmy, Director of Communications for Variety Village. "For 12 years, Pizza Nova has been instrumental in ensuring Variety Village keeps its commitment to providing programs and services for people with disabilities, raising almost $1 million. Please come out and support this incredible event."

– Stephanie Angelone

FIRST-CLASS FACILITIES

Variety Village's 76,000 sq. ft. flagship project has made it a world recognized authority for over 60 years. Located in Scarborough, Ont., it provides programs that change children's lives and strengthen communities. Facilities and services include:

A FIRE ALARM SYSTEM that uses sound, visual and pulse to alert people of all abilities.

A WEIGHT ROOM offering Apex machines with removable seats to accommodate wheelchairs of all varieties.

THE MONDO TRACK cushioned to absorb and draw impacts into the floor, reducing impact on bones and joints.

Courtesy of Variety Village

AN INNER TRACK complete with a railing that guides members with visual disabilities while providing support for those requiring mobility and balance support. Two additional lanes are dedicated for wheelchairs.

Most impressive are the pools, divided into 6 lanes by Antiwave lane ropes developed for the 2000 Sydney Olympics. The pools' bubbled tile alerts people with visual impairments when they're nearing the pool edge; one of its ramps leads into the shallow end and another into a hot pool fitted with grab bars. A lift transfers swimmers into the deep end. Above-water pool lights are fitted with diffuser domes to soften the light, reducing shadows to aid those with vision impairments. An additional Hoyer Lift in the family change room helps participants transfer into water wheelchairs, so they can to wheel themselves right into the pool.

HOME AWAY FROM HOME

My husband and I belong to the Village along with our two children: 10-year-old Joshua, and his 11-year-old sister, Mikhela, who has Down Syndrome.

Variety Village's taekwondo dojo holds a special place in our hearts; it has given us such a sense of pride and accomplishment. Mikhela and Joshua have spent hundreds of hours there over the past four years, training together, preparing to earn their black belts. Last June, they achieved that dream together.

When I see the happiness in my children's eyes and the glowing energy they carry day to day, I am so thankful for the Village. It is the only place I know of where Mikhela and Joshua could train and compete in the same class. It is a place where no one is segregated based on ability. It gave both of them a sense of independence.

The coaches and instructors in every program—from the dojo to the pool to the fieldhouse to the weight room—are my heroes. They have the patience, skills and sincerity needed to communicate with and reach out to kids with special needs, whether the kids are verbal or not. We are truly blessed to spend quality time with our family and friends at Variety Village. The Village is an extension of our home, where we feel safe and welcome no matter our differences. It's our home away from home.

– Aida Go

Courtesy of Variety Village

That's Amore
Pizza for Kids

TUESDAY MAY 10TH
11AM - 9PM

MEDIUM PEPPERONI PIZZA

Walk In Only. Limit 2 per customer.

ONLY 4.99 Tax Included

$1.00 from each pizza sold goes to variety™ the children's charity

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For walk-in only. Tax included. Limit 2 per customer. While supplies last. Valid only on Tuesday May 10th, 2011 at participating Pizza Nova locations.